



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

van Seebroek, Bart

Total time: 1:24:36

Club: Einhausen

Number: 109

Course: 25.50 km

Rank in course/Total: 236 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 193 (of 241)

Best time in course: 57:44

Category:

Rank in category: 24(of 29)

männl. AK 4 (TM 35-39)

Best time in the category: 1:03:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Schwimmen	0.50	12:58	0.00	20	4:33	140	5:34	0.50	12:58	0.00	24	2:07	181	4:37
Rad	20.00	43:29	27.60	16	9:53	116	14:07	20.50	56:27	21.26	26	4:26	8	14:27
Lauf	5.00	28:09	10.66	21	16:53	173	21:25	25.50	1:24:36	17.73	24	20:59	194	26:52