



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Raddeck, Volker

Total time: 1:27:50

Club: ATZ Rhein Main

Number: 100

Course: 25.50 km

Rank in course/Total: 265 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 209 (of 241)

Best time in course: 57:44

Category:

Rank in category: 27(of 28)

männl. AK 3 (TM 30-34)

Best time in the category: 1:01:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	11:52	0.00	13	3:19	113	4:28	0.50	11:52	0.00	20	0:04	30	3:31
Rad	20.00	50:31	23.75	21	16:57	176	21:09	20.50	1:02:23	19.24	25	15:19	212	20:23
Lauf	5.00	25:27	11.79	17	7:24	132	18:43	25.50	1:27:50	17.08	27	26:25	210	30:06