



# 7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

## Detailed evaluation

**Sippel, Jürgen**

**Total time: 1:15:19**

Club: Carbon 4 U TUS Griesheim

Number: 156

Course: 25.50 km

Rank in course/Total: 117 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 106 (of 241)

Best time in course: 57:44

Category:

Rank in category: 11(of 28)

Senioren 3 (TM 50-54)

Best time in the category: 1:03:39

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	9:18	0.00	4	0:29	23	1:54	0.50	9:18	0.00	16		181	0:57
Rad	20.00	39:48	30.15	7	4:31	63	10:26	20.50	49:06	24.44	27		212	7:06
Lauf	5.00	26:13	11.44	17	6:25	141	19:29	25.50	1:15:19	19.92	11	11:40	107	17:35