



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 km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.50	9:18	3.23	4	0:29	23	1:54	0.50	9:18	3.23	16		181	0:57
Rad	20.00	39:48	30.15	7	4:31	63	10:26	20.50	49:06	25.05	27		212	7:06
Lauf	5.00	26:13	11.44	17	6:25	141	19:29	25.50	1:15:19	20.31	11	11:40	107	17:35