



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Eltrop, Fredderick

Total time: 1:16:45

Club: RV 03 Bürstadt Triathlon

Number: 162

Course: 25.50 km

Rank in course/Total: 136 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 119 (of 241)

Best time in course: 57:44

Category:

Rank in category: 20(of 43)

Senioren 1 (TM 40-44)

Best time in the category: 1:00:43

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	10:34	0.00	14	2:25	58	3:10	0.50	10:34	0.00	38		181	2:13
Rad	20.00	41:02	29.24	17	7:21	79	11:40	20.50	51:36	23.26	38		212	9:36
Lauf	5.00	25:09	11.93	27	6:27	126	18:25	25.50	1:16:45	19.54	20	16:02	120	19:01