



# 7. Lorsche Triathlon 2010

Lorsch / 01.08.2010

## Detailed evaluation

Rellecke, Julian

Total time: 1:18:54

Club: Köln

Number: 175

Course: 25.50 km

Rank in course/Total: 165 (of 317)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 142 (of 241)

Best time in course: 57:44

Category:

Rank in category: 8(of 10)

männl. AK 1 (TM 20-24)

Best time in the category: 1:07:19

### 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	10:43	0.00	4	3:19	65	3:19	0.50	10:43	0.00	7	1:35	181	2:22
Rad	20.00	44:42	26.85	5	7:27	132	15:20	20.50	55:25	21.65	10	7:45	212	13:25
Lauf	5.00	23:29	12.78	6	3:21	81	16:45	25.50	1:18:54	19.01	8	11:35	143	21:10