



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Litters, Timo

Total time: 1:01:25

Club: TV Lampertheim Triathlon

Number: 199

Course: 25.50 km

Rank in course/Total: 5 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 5 (of 241)

Best time in course: 57:44

Category:

Rank in category: 1(of 28)

männl. AK 3 (TM 30-34)

Best time in the category: 1:01:25

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|-----------|-------|-------|-------|------|--------|-----|--------|-------|---------|-------|------|--------|-----|--------|
| | km | Time | km/h | Cat. | Cat. | Men | Men | km | Time | km/h | Cat. | Cat. | Men | Men |
| Schwimmen | 0.50 | 9:12 | 0.00 | 3 | 0:39 | 21 | 1:48 | 0.50 | 9:12 | 0.00 | 20 | | 181 | 0:51 |
| Rad | 20.00 | 33:34 | 35.75 | 1 | - | 3 | 4:12 | 20.50 | 42:46 | 28.06 | 15 | | 212 | 0:46 |
| Lauf | 5.00 | 18:39 | 16.09 | 2 | 0:36 | 5 | 11:55 | 25.50 | 1:01:25 | 24.42 | 1 | - | 5 | 3:41 |