



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Foltz, Frieder

Total time: 1:23:21

Club: Darmstadt

Number: 182

Course: 25.50 km

Rank in course/Total: 219 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 180 (of 241)

Best time in course: 57:44

Category:

Rank in category: 30(of 41)

Senioren 2 (TM 45.49)

Best time in the category: 1:00:40

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	11:38	0.00	18	3:56	101	4:14	0.50	11:38	0.00	13		181	3:17
Rad	20.00	42:18	28.37	13	8:39	100	12:56	20.50	53:56	22.25	37	8:48	212	11:56
Lauf	5.00	29:25	10.20	29	10:45	184	22:41	25.50	1:23:21	18.00	30	22:41	181	25:37