



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Rohde, Ralf

Total time: 1:25:56

Club: Kath. Kirchenmusikverein Lamperth.

Number: 181

Course: 25.50 km

Rank in course/Total: 248 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 199 (of 241)

Best time in course: 57:44

Category:

Rank in category: 34(of 41)

Senioren 2 (TM 45.49)

Best time in the category: 1:00:40

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	10:22	0.00	7	2:40	52	2:58	0.50	10:22	0.00	12		181	2:01
Rad	20.00	43:59	27.28	22	10:20	126	14:37	20.50	54:21	22.08	37	9:13	212	12:21
Lauf	5.00	31:35	9.50	33	12:55	195	24:51	25.50	1:25:56	17.46	34	25:16	200	28:12