



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Widawski, Pawel

Total time: 1:13:25

Club: Dzierpol

Number: 42

Course: 25.50 km

Rank in course/Total: 95 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 87 (of 241)

Best time in course: 57:44

Category:

Rank in category: 14(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.	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	11:12	0.00	18	3:03	80	3:48	0.50	11:12	0.00	38		14	2:51
Rad	20.00	40:36	29.56	15	6:55	72	11:14	20.50	51:48	23.17	38		14	9:48
Lauf	5.00	21:37	13.88	8	2:55	48	14:53	25.50	1:13:25	20.43	14	12:42	88	15:41