



# 7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

## Detailed evaluation

Ospeld, Thomas

Total time: 1:07:50

Club: Lorsch

Number: 206

Course: 25.50 km

Rank in course/Total: 43 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 40 (of 241)

Best time in course: 57:44

Category:

Rank in category: 6(of 29)

männl. AK 4 (TM 35-39)

Best time in the category: 1:03:37

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total km/h	Total ranking		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men				
Schwimmen	0.50	9:59	0.00	6	1:34	40	2:35	0.50	9:59	0.00	24				181	1:38
Rad	20.00	35:43	33.60	4	2:07	19	6:21	20.50	45:42	26.26	26				212	3:42
Lauf	5.00	22:08	13.55	9	10:52	55	15:24	25.50	1:07:50	22.11	6	4:13			41	10:06