



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Paulus, Gerhard

Total time: 1:30:23

Club: TSV 03 Wolfskehlen

Number: 191

Course: 25.50 km

Rank in course/Total: 274 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 215 (of 241)

Best time in course: 57:44

Category:

Rank in category: 4(of 5)

Senioren 6 (TM 65-69)

Best time in the category: 1:18:29

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 | 16:05 | 0.00 | 4 | 4:41 | 173 | 8:41 | 0.50 | 16:05 | 0.00 | 6 | | 181 | 7:44 |
| Rad | 20.00 | 47:28 | 25.28 | 4 | 11:28 | 157 | 18:06 | 20.50 | 1:03:33 | 18.88 | 6 | 7:06 | 212 | 21:33 |
| Lauf | 5.00 | 26:50 | 11.18 | 3 | 3:48 | 152 | 20:06 | 25.50 | 1:30:23 | 16.60 | 4 | 11:54 | 216 | 32:39 |