



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Elsinger, Jörg

Total time: 1:10:33

Club: Erdinger Alkoholfrei Team

Number: 239

Course: 25.50 km

Rank in course/Total: 62 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 57 (of 241)

Best time in course: 57:44

Category:

Rank in category: 11(of 28)

männl. AK 3 (TM 30-34)

Best time in the category: 1:01:25

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	8:46	0.00	2	0:13	11	1:22	0.50	8:46	0.00	20	-	181	0:25
Rad	20.00	38:18	31.33	6	4:44	45	8:56	20.50	47:04	25.50	1	-	212	5:04
Lauf	5.00	23:29	12.78	12	5:26	81	16:45	25.50	1:10:33	21.26	11	9:08	58	12:49