



# 7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

## Detailed evaluation

Cop, Fryderyk

Total time: 1:15:09

Club: Tria Leierhans

Number: 225

Course: 25.50 km

Rank in course/Total: 115 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 104 (of 241)

Best time in course: 57:44

Category:

Rank in category: 8(of 19)

Senioren 4 (TM 55-59)

Best time in the category: 1:02:05

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Schwimmen	0.50	10:40	0.00	3	0:34	62	3:16	0.50	10:40	0.00	14		181	2:19
Rad	20.00	40:50	29.39	6	3:55	75	11:28	20.50	51:30	23.30	18	1:35	212	9:30
Lauf	5.00	23:39	12.68	6	2:57	89	16:55	25.50	1:15:09	19.96	8	13:04	104	17:25