



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Lauber, Thomas

Total time: 1:15:19

Club: Darmstadt

Number: 232

Course: 25.50 km

Rank in course/Total: 118 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 107 (of 241)

Best time in course: 57:44

Category:

Rank in category: 13(of 23)

männl. AK 2 (TM 25-29)

Best time in the category: 57:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	11:14	0.00	10	3:28	83	3:50	0.50	11:14	0.00	16	2:56	181	2:53
Rad	20.00	40:36	29.56	11	11:14	72	11:14	20.50	51:50	23.15	20	6:45	212	9:50
Lauf	5.00	23:29	12.78	9	5:56	81	16:45	25.50	1:15:19	19.92	13	17:35	107	17:35