



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Hennig, Frank

Total time: 1:18:21

Club: Lorsch

Number: 196

Course: 25.50 km

Rank in course/Total: 156 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 135 (of 241)

Best time in course: 57:44

Category:

Rank in category: 17(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		Total		Total ranking		
						Pos Men	Behind Men	km	Time	km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	11:24	0.00	10	2:59	89	4:00	0.50	11:24	0.00	24	0:33	10	3:03
Rad	20.00	40:56	29.32	11	7:20	77	11:34	20.50	52:20	22.93	26	0:19	212	10:20
Lauf	5.00	26:01	11.53	18	14:45	138	19:17	25.50	1:18:21	19.14	17	14:44	136	20:37