



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Derst, Andreas

Total time: 1:20:57

Club: Lorsch

Number: 210

Course: 25.50 km

Rank in course/Total: 190 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 159 (of 241)

Best time in course: 57:44

Category:

Rank in category: 23(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	12:37	0.00	17	4:04	136	5:13	0.50	12:37	0.00	20	0:49	181	4:16
Rad	20.00	42:42	28.10	13	9:08	107	13:20	20.50	55:19	21.69	12	8:15	212	13:19
Lauf	5.00	25:38	11.70	18	7:35	133	18:54	25.50	1:20:57	18.53	23	19:32	160	23:13