



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Haumbach, Nadja

Total time: 1:16:41

Club: Viernheim

Number: 1

Course: 25.50 km

Rank in course/Total: 135 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 17 (of 76)

Best time in course: 1:02:40

Category:

Rank in category: 5(of 14)

weibl. AK 4 (TW 35-39)

Best time in the category: 1:03:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Schwimmen	0.50	10:45	0.00	6	3:05	19	3:05	0.50	10:45	0.00	1	-	67	
Rad	20.00	40:37	29.54	4	5:17	13	6:37	20.50	51:22	23.36	1	-	70	
Lauf	5.00	25:19	11.85	5	5:32	19	6:26	25.50	1:16:41	19.56	5	13:02	17	14:01