



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Mairon, Holger

Total time: 1:22:57

Club: Mühlhausen

Number: 201

Course: 25.50 km

Rank in course/Total: 211 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 174 (of 241)

Best time in course: 57:44

Category:

Rank in category: 28(of 41)

Senioren 2 (TM 45.49)

Best time in the category: 1:00:40

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	11:44	0.00	20	4:02	104	4:20	0.50	11:44	0.00	31		181	3:23
Rad	20.00	42:27	28.27	15	8:48	105	13:05	20.50	54:11	22.15	37	9:03	212	12:11
Lauf	5.00	28:46	10.43	26	10:06	180	22:02	25.50	1:22:57	18.08	28	22:17	175	25:13