



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Rippl, Helmut

Total time: 1:45:56

Club: SKV Mörfelden Walldorf

Number: 180

Course: 25.50 km

Rank in course/Total: 310 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 237 (of 241)

Best time in course: 57:44

Category:

Rank in category: 3(of 3)

Senioren 7 (TM 70-74)

Best time in the category: 1:28:54

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	18:09	0.00	2	3:30	179	10:45	0.50	18:09	0.00	1	-	181	9:48
Rad	20.00	51:33	23.28	2	5:09	181	22:11	20.50	1:09:42	17.22	1	-	212	27:42
Lauf	5.00	36:14	8.28	3	8:23	207	29:30	25.50	1:45:56	14.16	3	17:02	238	48:12