



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Serr, Heidi

Total time: 1:14:00

Club: TG Tria Rüsselsheim

Number: 251

Course: 25.50 km

Rank in course/Total: 101 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 9 (of 76)

Best time in course: 1:02:40

Category:

Rank in category: 1(of 15)

Seniorinnen 1 (TW 40-44)

Best time in the category: 1:14:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	10:24	0.00	2	0:44	14	2:44	0.50	10:24	0.00	14	-	14	67
Rad	20.00	34:51	34.43	2	0:51	2	0:51	20.50	45:15	26.52	15	-	15	70
Lauf	5.00	28:45	10.43	10	5:18	47	9:52	25.50	1:14:00	20.27	1	-	1	9 11:20