



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Pößiger, Roland

Total time: 1:18:58

Club: KSV Reichelsheim

Number: 11

Course: 25.50 km

Rank in course/Total: 166 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 143 (of 241)

Best time in course: 57:44

Category:

Rank in category: 2(of 8)

Senioren 5 (TM 60-64)

Best time in the category: 1:16:10

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Schwimmen	0.50	13:43	0.00	2	1:26	154	6:19	0.50	13:43	0.00	1	-	19	5:22
Rad	20.00	40:25	29.69	1	-	71	11:03	20.50	54:08	22.17	1	-	19	12:08
Lauf	5.00	24:50	12.08	5	18:06	119	18:06	25.50	1:18:58	19.00	3	14:33	144	21:14