



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Selby, Paul

Total time: 1:37:05

Club: Mannheim

Number: 238

Course: 25.50 km

Rank in course/Total: 301 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 230 (of 241)

Best time in course: 57:44

Category:

Rank in category: 43(of 43)

Senioren 1 (TM 40-44)

Best time in the category: 1:00:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	14:41	0.00	34	6:32	164	7:17	0.50	14:41	0.00	16	2:07	181	6:20
Rad	20.00	fehlt!	-	-	-	-	-	20.50	-	-	-	-	-	-
Lauf	5.00	1:22:24	3.64	43	1:03:42	239	1:15:40	25.50	1:37:05	15.45	43	36:22	231	39:21