



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Kiefer, Manuela

Total time: 1:23:24

Club: Polizei Mainz

Number: 276

Course: 25.50 km

Rank in course/Total: 220 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 40 (of 76)

Best time in course: 1:02:40

Category:

Rank in category: 9(of 14)

weibl. AK 4 (TW 35-39)

Best time in the category: 1:03:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Schwimmen	0.50	12:40	0.00	12	5:00	51	5:00	0.50	12:40	0.00	14	1:55	67	
Rad	20.00	fehlt!	-	-	-	-	-	20.50	-	-	-	-	-	-
Lauf	5.00	1:10:44	4.24	12	50:57	73	51:51	25.50	1:23:24	17.99	9	19:45	40	20:44