



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Siems, Nils

Total time: 1:03:37

Club: SC Oberursel

Number: 292

Course: 25.50 km

Rank in course/Total: 11 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 10 (of 241)

Best time in course: 57:44

Category:

Rank in category: 1(of 29)

männl. AK 4 (TM 35-39)

Best time in the category: 1:03:37

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	fehlt!	-	-	-	-	-	0.50	-	-	-	-	-	-
Rad	20.00	fehlt!	-	-	-	-	-	20.50	-	-	-	-	-	-
Lauf	5.00	1:03:37	4.72	26	52:21	215	56:53	25.50	1:03:37	24.05	1	-	10	5:53