



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Ritter, Frank

Total time: 1:07:16

Club: TuS Niederkirchen

Number: 309

Course: 25.50 km

Rank in course/Total: 38 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 35 (of 241)

Best time in course: 57:44

Category:

Rank in category: 7(of 41)

Senioren 2 (TM 45.49)

Best time in the category: 1:00:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	-	-	31		181		0.50	-	-	31		181	
Rad	20.00	-	-	37		212		20.50	-	-	37		212	
Lauf	5.00	1:07:16	4.46	40	48:36	226	1:00:32	25.50	1:07:16	22.30	7	6:36	35	9:32