



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Koch, Ingolf

Total time: 1:09:00

Club: TSV MA- Sandhofen

Number: 323

Course: 25.50 km

Rank in course/Total: 51 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 47 (of 241)

Best time in course: 57:44

Category:

Rank in category: 9(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.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.50	-	-	31		181		0.50	-	-	31		181	
Rad	20.00	49:02	24.47	30	15:23	171	19:40	20.50	49:02	24.47	37	3:54	212	7:02
Lauf	5.00	19:58	15.03	4	1:18	16	13:14	25.50	1:09:00	21.74	9	8:20	47	11:16