



# 7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

## Detailed evaluation

Hellwig, Thorsten

Club: RC Adler Mühlheim

Number: 289

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

männl. AK 4 (TM 35-39)

Total time: 1:10:49

Rank in course/Total: 70 (of 317)

Rank in course/Men: 65 (of 241)

Best time in course: 57:44

Rank in category: 9(of 29)

Best time in the category: 1:03:37

### 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	fehlt!	-	-	-	-	-	0.50	-	-	-	-	-	-
Rad	20.00	59:33	20.15	25	25:57	203	30:11	20.50	59:33	20.15	26	7:32	212	17:33
Lauf	5.00	11:16	26.63	1	-	2	4:32	25.50	1:10:49	21.18	9	7:12	66	13:05