



# 7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

## Detailed evaluation

**Sämmler, Wilfried**

**Total time: 1:11:58**

Club: Startnet Team DSW Darmstadt

Number: 308

Course: 25.50 km

Rank in course/Total: 82 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 76 (of 241)

Best time in course: 57:44

Category:

Rank in category: 5(of 19)

Senioren 4 (TM 55-59)

Best time in the category: 1:02:05

### 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	-	-	14		181		0.50	-	-	14		181	
Rad	20.00	47:56	25.03	11	11:01	161	18:34	20.50	47:56	25.03	18		212	5:56
Lauf	5.00	24:02	12.48	8	3:20	102	17:18	25.50	1:11:58	20.84	5	9:53	77	14:14