



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Metzler, David

Total time: 1:32:31

Club: Heidelberg

Number: 287

Course: 25.50 km

Rank in course/Total: 284 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 220 (of 241)

Best time in course: 57:44

Category:

Rank in category: 28(of 28)

männl. AK 3 (TM 30-34)

Best time in the category: 1:01:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	14:26	0.00	19	5:53	160	7:02	0.50	14:26	0.00	20	2:38	181	6:05
Rad	20.00	50:39	23.69	22	17:05	177	21:17	20.50	1:05:05	18.44	25	18:01	212	23:05
Lauf	5.00	27:26	10.94	21	9:23	160	20:42	25.50	1:32:31	16.21	28	31:06	221	34:47