



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Ferreira-Adam, Marcos

Total time: 1:14:12

Club: Mainz-Kostheim

Number: 326

Course: 25.50 km

Rank in course/Total: 108 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 97 (of 241)

Best time in course: 57:44

Category:

Rank in category: 15(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 km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.50	-	-	20		181		0.50	-	-	20		181	
Rad	20.00	48:48	24.59	20	15:14	169	19:26	20.50	48:48	24.59	25	1:44	212	6:48
Lauf	5.00	25:24	11.81	16	7:21	130	18:40	25.50	1:14:12	20.22	15	12:47	98	16:28