



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Palizynski, Mike

Total time: 1:14:01

Club: Worms

Number: 331

Course: 25.50 km

Rank in course/Total: 103 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 93 (of 241)

Best time in course: 57:44

Category:

Rank in category: 14(of 29)

männl. AK 4 (TM 35-39)

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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	-	-	24		181		0.50	-	-	24		181	
Rad	20.00	52:39	22.79	22	19:03	187	23:17	20.50	52:39	22.79	26	0:38	212	10:39
Lauf	5.00	21:22	14.04	8	10:06	40	14:38	25.50	1:14:01	20.27	14	10:24	94	16:17