



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Albrecht, Hans-Christian

Total time: 1:15:57

Club: LT Hemsbach

Number: 297

Course: 25.50 km

Rank in course/Total: 125 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 112 (of 241)

Best time in course: 57:44

Category:

Rank in category: 9(of 19)

Senioren 4 (TM 55-59)

Best time in the category: 1:02:05

| Intermediate times | | | | Stage score | | | | Total ranking | | | | | | |
|--------------------|----------|------------|------------|-------------|-------------|---------|------------|---------------|------------|------------|----------|-------------|---------|------------|
| Control | Split km | Split Time | Split km/h | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total km/h | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Schwimmen | 0.50 | - | - | 14 | | 181 | | 0.50 | - | - | 14 | | 181 | |
| Rad | 20.00 | 52:05 | 23.04 | 14 | 15:10 | 182 | 22:43 | 20.50 | 52:05 | 23.04 | 18 | 2:10 | 212 | 10:05 |
| Lauf | 5.00 | 23:52 | 12.57 | 7 | 3:10 | 97 | 17:08 | 25.50 | 1:15:57 | 19.75 | 9 | 13:52 | 112 | 18:13 |