



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Börker, Manfred

Total time: 1:36:18

Club: Büttelborn

Number: 284

Course: 25.50 km

Rank in course/Total: 296 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 227 (of 241)

Best time in course: 57:44

Category:

Rank in category: 17(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.	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	14:42	0.00	12	4:36	165	7:18	0.50	14:42	0.00	14	3:48	181	6:21
Rad	20.00	50:47	23.63	13	13:52	179	21:25	20.50	1:05:29	18.33	18	15:34	212	23:29
Lauf	5.00	30:49	9.73	16	10:07	192	24:05	25.50	1:36:18	15.58	17	34:13	228	38:34