



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Metzler, Horst

Total time: 1:39:40

Club: LSP Leutershausen

Number: 288

Course: 25.50 km

Rank in course/Total: 304 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 231 (of 241)

Best time in course: 57:44

Category:

Rank in category: 5(of 5)

Senioren 6 (TM 65-69)

Best time in the category: 1:18:29

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	15:15	1.97	3	3:51	170	7:51	0.50	15:15	1.97	6		181	6:54
Rad	20.00	52:49	22.72	5	16:49	189	23:27	20.50	1:08:04	18.07	6	11:37	212	26:04
Lauf	5.00	31:36	9.49	4	8:34	196	24:52	25.50	1:39:40	15.35	5	21:11	232	41:56