



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Hafner, Frank

Total time: 1:19:55

Club: Frankfurt

Number: 296

Course: 25.50 km

Rank in course/Total: 178 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 150 (of 241)

Best time in course: 57:44

Category:

Rank in category: 19(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		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.50	-	-	24		181		0.50	-	-	24		181	
Rad	20.00	55:49	21.50	24	22:13	197	26:27	20.50	55:49	21.50	26	3:48	212	13:49
Lauf	5.00	24:06	12.45	14	12:50	104	17:22	25.50	1:19:55	18.77	19	16:18	151	22:11