



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Riegel, Wolfgang

Total time: 1:02:05

Club: Startnet Team DSW Darmstadt

Number: 361

Course: 25.50 km

Rank in course/Total: 6 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 6 (of 241)

Best time in course: 57:44

Category:

Rank in category: 1(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	-	-	18		212		20.50	-	-	18		212	
Lauf	5.00	1:02:05	4.83	18	41:23	213	55:21	25.50	1:02:05	24.16	1	-	6	4:21