



7. Lorsche Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Pörner, Frank

Total time: 1:24:14

Club: Zwingenberg

Number: 303

Course: 25.50 km

Rank in course/Total: 231 (of 317)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 188 (of 241)

Best time in course: 57:44

Category:

Rank in category: 37(of 43)

Senioren 1 (TM 40-44)

Best time in the category: 1:00:43

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	-	-	38		181		0.50	-	-	38		181	
Rad	20.00	57:10	20.99	37	23:29	200	27:48	20.50	57:10	20.99	38	3:45	212	15:10
Lauf	5.00	27:04	11.08	29	8:22	154	20:20	25.50	1:24:14	17.81	37	23:31	189	26:30