



# 7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

## Detailed evaluation

**Benincasa-Meyer, Stefania**

**Total time: 1:34:27**

Club: Heppenheim

Number: 312

Course: 25.50 km

Rank in course/Total: 290 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 67 (of 76)

Best time in course: 1:02:40

Category:

Rank in category: 13(of 14)

weibl. AK 3 (TW 30-34)

Best time in the category: 1:11:42

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Schwimmen	0.50	fehlt!	-	-	-	-	-	0.50	-	-	-	-	-	-	-
Rad	20.00	1:02:29	19.21	13	23:25	65	28:29	20.50	1:02:29	19.21	14	14:51	70	1:40	
Lauf	5.00	31:58	9.38	12	8:56	65	13:05	25.50	1:34:27	15.88	13	22:45	67	31:47	