



7. Lorsche Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Gumb, Ralph

Total time: 1:20:06

Club: Bensheim

Number: 359

Course: 25.50 km

Rank in course/Total: 180 (of 317)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 152 (of 241)

Best time in course: 57:44

Category:

Rank in category: 30(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	fehlt!	-	-	-	-	-	0.50	-	-	-	-	-	-
Rad	20.00	56:48	21.13	36	23:07	199	27:26	20.50	56:48	21.13	38	3:23	212	14:48
Lauf	5.00	23:18	12.88	15	4:36	75	16:34	25.50	1:20:06	18.73	30	19:23	153	22:22