



7. Lorsche Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Bender, Michael

Total time: 1:46:21

Club: Eschborn

Number: 295

Course: 25.50 km

Rank in course/Total: 311 (of 317)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 238 (of 241)

Best time in course: 57:44

Category:

Rank in category: 7(of 8)

Senioren 5 (TM 60-64)

Best time in the category: 1:16:10

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	1:12:00	16.67	8	31:35	211	42:38	20.50	1:12:00	16.67	9	17:52	212	30:00
Lauf	5.00	34:21	8.73	8	27:37	203	27:37	25.50	1:46:21	14.10	8	41:56	239	48:37