



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Rühl, Ramona

Total time: 1:26:56

Club: SKG Sprendlingen

Number: 15

Course: 25.50 km

Rank in course/Total: 257 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 54 (of 76)

Best time in course: 1:02:40

Category:

Rank in category: 9(of 12)

weibl. AK 2 (TW 25-29)

Best time in the category: 1:02:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Wome	Cat.	Women				Cat.	Wome	Cat.	Women
Schwimmen	0.50	12:02	0.00	6	3:02	46	4:22	0.50	12:02	0.00	3	3:02	67	
Rad	20.00	45:44	26.24	5	8:16	39	11:44	20.50	57:46	20.77	3	11:18	70	
Lauf	5.00	29:10	10.29	8	10:17	50	10:17	25.50	1:26:56	17.25	9	24:16	54	24:16