



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Roth, Rüdiger

Total time: 1:27:23

Club: Dettenheim

Number: 8

Course: 25.50 km

Rank in course/Total: 261 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 207 (of 241)

Best time in course: 57:44

Category:

Rank in category: 28(of 29)

männl. AK 4 (TM 35-39)

Best time in the category: 1:03:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	12:04	0.00	16	3:39	119	4:40	0.50	12:04	0.00	24	1:13	32	3:43
Rad	20.00	46:42	25.70	19	13:06	150	17:20	20.50	58:46	20.42	26	6:45	32	16:46
Lauf	5.00	28:37	10.48	23	17:21	177	21:53	25.50	1:27:23	17.17	27	23:46	207	29:39