



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Lemberg, Hauke

Club: Eggenstein

Number: 9

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

Senioren 1 (TM 40-44)

Total time: 1:28:59

Rank in course/Total: 270 (of 317)

Rank in course/Men: 213 (of 241)

Best time in course: 57:44

Rank in category: 40(of 43)

Best time in the category: 1:00:43

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.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Schwimmen	0.50	15:04	0.00	35	6:55	168	7:40	0.50	15:04	0.00	38	2:30	34	6:43
Rad	20.00	47:06	25.48	32	13:25	153	17:44	20.50	1:02:10	19.30	38	8:45	34	20:10
Lauf	5.00	26:49	11.19	28	8:07	151	20:05	25.50	1:28:59	16.86	40	28:16	214	31:15