



# 7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

## Detailed evaluation

**Welfonder, Kirstin**

**Total time: 1:16:22**

Club: Team SRH Campus-Sport

Number: 49

Course: 25.50 km

Rank in course/Total: 130 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 15 (of 76)

Best time in course: 1:02:40

Category:

Rank in category: 4(of 15)

Seniorinnen 1 (TW 40-44)

Best time in the category: 1:14:00

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split km/h	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	10:52	0.00	4	1:12	20	3:12	0.50	10:52	0.00	14			43
Rad	20.00	42:03	28.54	5	8:03	21	8:03	20.50	52:55	22.68	2	0:35		37
Lauf	5.00	23:27	12.79	1	-	8	4:34	25.50	1:16:22	19.64	4	2:22	15	13:42