



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Arndt-Fabian, Dr. Ina

Total time: 1:18:39

Club: SSG Trias Bensheim

Number: 54

Course: 25.50 km

Rank in course/Total: 161 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 22 (of 76)

Best time in course: 1:02:40

Category:

Rank in category: 6(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	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	11:21	0.00	7	1:41	29	3:41	0.50	11:21	0.00	14			54
Rad	20.00	41:59	28.58	4	7:59	20	7:59	20.50	53:20	22.50	3	1:00		64
Lauf	5.00	25:19	11.85	4	1:52	19	6:26	25.50	1:18:39	19.07	6	4:39	22	15:59