



# 7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

## Detailed evaluation

Achenbach, Esther

Total time: 1:19:31

Club: Ober-Ramstadt

Number: 58

Course: 25.50 km

Rank in course/Total: 174 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 26 (of 76)

Best time in course: 1:02:40

Category:

Rank in category: 7(of 14)

weibl. AK 4 (TW 35-39)

Best time in the category: 1:03:39

### 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.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Schwimmen	0.50	11:42	0.00	8	4:02	37	4:02	0.50	11:42	0.00	14	0:57	58	
Rad	20.00	41:38	28.82	6	6:18	19	7:38	20.50	53:20	22.50	11	1:58	64	
Lauf	5.00	26:11	11.46	6	6:24	28	7:18	25.50	1:19:31	18.86	7	15:52	26	16:51