



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Steinbart, Frank

Total time: 1:20:02

Club: Frankfurt

Number: 78

Course: 25.50 km

Rank in course/Total: 179 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 151 (of 241)

Best time in course: 57:44

Category:

Rank in category: 24(of 41)

Senioren 2 (TM 45.49)

Best time in the category: 1:00:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	13:39	2.20	27	5:57	153	6:15	0.50	13:39	2.20	31	1:09	181	5:18
Rad	20.00	43:44	27.44	19	10:05	121	14:22	20.50	57:23	21.43	37	12:15	212	15:23
Lauf	5.00	22:39	13.25	10	3:59	65	15:55	25.50	1:20:02	19.12	24	19:22	152	22:18