



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Fabian, Ralf

Total time: 1:02:20

Club: SSG Bensheim

Number: 134

Course: 25.50 km

Rank in course/Total: 7 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 7 (of 241)

Best time in course: 57:44

Category:

Rank in category: 2(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	7:42	0.00	1	-	2	0:18	0.50	7:42	0.00	31		181	
Rad	20.00	34:29	34.80	3	0:50	11	5:07	20.50	42:11	28.45	37		212	0:11
Lauf	5.00	20:09	14.89	5	1:29	20	13:25	25.50	1:02:20	24.06	2	1:40	7	4:36