



# 7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

## Detailed evaluation

Jost, Anne Carolin

Total time: 1:23:36

Club: Dieburg

Number: 56

Course: 25.50 km

Rank in course/Total: 222 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 41 (of 76)

Best time in course: 1:02:40

Category:

Rank in category: 9(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		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Schwimmen	0.50	11:26	0.00	8	1:46	33	3:46	0.50	11:26	0.00	14			66
Rad	20.00	44:38	26.89	8	10:38	35	10:38	20.50	56:04	21.40	5	3:44		56
Lauf	5.00	27:32	10.90	9	4:05	39	8:39	25.50	1:23:36	17.94	9	9:36	41	20:56