



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Rückert, Axel

Total time: 1:04:36

Club: Roßdorf

Number: 101

Course: 25.50 km

Rank in course/Total: 19 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 17 (of 241)

Best time in course: 57:44

Category:

Rank in category: 2(of 28)

Senioren 3 (TM 50-54)

Best time in the category: 1:03:39

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Schwimmen	0.50	8:49	0.00	1	-	13	1:25	0.50	8:49	0.00	24		181	0:28
Rad	20.00	35:17	34.01	1	-	15	5:55	20.50	44:06	27.21	27		212	2:06
Lauf	5.00	20:30	14.63	2	0:42	23	13:46	25.50	1:04:36	23.22	2	0:57	18	6:52