



# 7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

## Detailed evaluation

**Heltmann, Heike**

**Total time: 1:25:31**

Club: Mannheim

Number: 85

Course: 25.50 km

Rank in course/Total: 243 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 46 (of 76)

Best time in course: 1:02:40

Category:

Rank in category: 7(of 12)

weibl. AK 2 (TW 25-29)

Best time in the category: 1:02:40

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	9:48	3.06	3	0:48	11	2:08	0.50	9:48	3.06	9	0:48	16	
Rad	20.00	48:52	24.56	8	11:24	53	14:52	20.50	58:40	20.97	12	12:12	28	
Lauf	5.00	26:51	11.17	6	7:58	32	7:58	25.50	1:25:31	17.89	7	22:51	46	22:51