



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Uhrig, Kai

Club: Bad König

Number: 112

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

Senioren 1 (TM 40-44)

Total time: 1:07:00

Rank in course/Total: 34 (of 317)

Rank in course/Men: 31 (of 241)

Best time in course: 57:44

Rank in category: 6(of 43)

Best time in the category: 1:00:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.50	9:21	0.00	6	1:12	25	1:57	0.50	9:21	0.00	38		181	1:00
Rad	20.00	36:42	32.70	6	3:01	28	7:20	20.50	46:03	26.06	38		212	4:03
Lauf	5.00	20:57	14.32	7	2:15	34	14:13	25.50	1:07:00	22.39	6	6:17	32	9:16