



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Spitzer, Ingo

Total time: 1:07:04

Club: TCEC Mainz

Number: 131

Course: 25.50 km

Rank in course/Total: 36 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 33 (of 241)

Best time in course: 57:44

Category:

Rank in category: 7(of 43)

Senioren 1 (TM 40-44)

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		Total ranking		
						Pos Men	Behind Men	km	Time	km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	10:40	0.00	15	2:31	62	3:16	0.50	10:40	0.00	38		181	2:19
Rad	20.00	36:34	32.82	4	2:53	26	7:12	20.50	47:14	25.41	38		212	5:14
Lauf	5.00	19:50	15.13	3	1:08	14	13:06	25.50	1:07:04	22.37	7	6:21	34	9:20