



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Cardung, Hans

Total time: 1:19:29

Club: BSG Sparkasse Darmstadt

Number: 36

Course: 25.50 km

Rank in course/Total: 173 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 148 (of 241)

Best time in course: 57:44

Category:

Rank in category: 2(of 5)

Senioren 6 (TM 65-69)

Best time in the category: 1:18:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	20:27	0.00	5	9:03	180	13:03	0.50	20:27	0.00	1	-	8	12:06
Rad	20.00	36:00	33.33	1	-	20	6:38	20.50	56:27	21.26	1	-	8	14:27
Lauf	5.00	23:02	13.02	1	-	70	16:18	25.50	1:19:29	18.87	2	1:00	149	21:45