



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Plappert, Stefan

Total time: 1:10:38

Club: Lorsch

Number: 144

Course: 25.50 km

Rank in course/Total: 64 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 59 (of 241)

Best time in course: 57:44

Category:

Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	9:37	0.00	8	1:28	31	2:13	0.50	9:37	0.00	38		181	1:16
Rad	20.00	38:59	30.78	11	5:18	55	9:37	20.50	48:36	24.69	38		212	6:36
Lauf	5.00	22:02	13.62	11	3:20	54	15:18	25.50	1:10:38	21.24	9	9:55	60	12:54