



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Rüdiger, Kathrin

Total time: 1:31:46

Club: Lorsch

Number: 80

Course: 25.50 km

Rank in course/Total: 280 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 63 (of 76)

Best time in course: 1:02:40

Category:

Rank in category: 12(of 15)

Seniorinnen 1 (TW 40-44)

Best time in the category: 1:14:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Schwimmen	0.50	11:34	0.00	9	1:54	36	3:54	0.50	11:34	0.00	14			8
Rad	20.00	45:19	26.48	9	11:19	38	11:19	20.50	56:53	21.10	6	4:33		11
Lauf	5.00	34:53	8.60	14	11:26	68	16:00	25.50	1:31:46	16.35	12	17:46		63 29:06