



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Thösen, Frank

Total time: 1:14:02

Club: Ludwigshafen

Number: 102

Course: 25.50 km

Rank in course/Total: 105 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 94 (of 241)

Best time in course: 57:44

Category:

Rank in category: 15(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 km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.50	11:36	2.59	21	3:27	100	4:12	0.50	11:36	2.59	38		181	3:15
Rad	20.00	40:06	29.93	14	6:25	67	10:44	20.50	51:42	23.79	38		212	9:42
Lauf	5.00	22:20	13.43	13	3:38	60	15:36	25.50	1:14:02	20.67	15	13:19	95	16:18