



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Reichstein, Volker

Total time: 1:07:18

Club: SSG Bensheim

Number: 230

Course: 25.50 km

Rank in course/Total: 39 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 36 (of 241)

Best time in course: 57:44

Category:

Rank in category: 7(of 28)

männl. AK 3 (TM 30-34)

Best time in the category: 1:01:25

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	10:00	0.00	7	1:27	41	2:36	0.50	10:00	0.00	20		181	1:39
Rad	20.00	35:38	33.68	3	2:04	17	6:16	20.50	45:38	26.30	14		212	3:38
Lauf	5.00	21:40	13.85	6	3:37	50	14:56	25.50	1:07:18	22.29	7	5:53	37	9:34