



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Greninger, Frank

Total time: 1:02:16

Number: 11

Course: 25.50 km

Rank in course/Total: 5 (of 340)

Lorsch Triathlon 0,5-20,0-5,0

Rank in course/Men: 5 (of 251)

Best time in course: 59:47

Category:

Rank in category: 1(of 47)

Senioren 2 (TM 45)

Best time in the category: 1:02:16

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 nett	0.50	9:14	3.25	8	0:53	30	1:30	0.50	9:14	3.25	48	0:53	252	1:30
Wechsel S -> R	-	1:57	-	5	0:27	39	0:34	0.50	11:11	2.68	48	1:20	251	1:47
Schwimmen Total	0.50	11:11	2.68	48	1:20	251	1:47	0.50	11:11	2.68	48	1:20	251	1:47
Rad netto	20.00	30:46	39.00	2	28:10	2	28:10	20.50	41:57	29.32	48	24:22	251	24:22
Wechsel R -> L	-	0:48	-	7	0:18	56	0:19	20.50	42:45	28.77	48	23:36	251	23:36
Rad Total	20.00	31:34	38.01	2	27:24	2	27:24	20.50	42:45	28.77	48	23:36	251	23:36
Lauf	5.00	19:31	15.37	2	0:46	14	5:45	25.50	1:02:16	24.57	2	21:24	6	21:24