



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Deselaers, Frank

Total time: 1:20:30

Club: TV Einhausen

Number: 169

Course: 25.50 km

Rank in course/Total: 195 (of 340)

Lorsche Triathlon 0,5-20,0-5,0

Rank in course/Men: 170 (of 251)

Best time in course: 59:47

Category:

Rank in category: 30(of 40)

Senioren 1 (TM 40)

Best time in the category: 1:03:03

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	14:12	2.11	36	5:37	234	6:28	0.50	14:12	2.11	41	5:37	252	6:28
Wechsel S -> R	-	3:06	-	29	1:39	170	1:43	0.50	17:18	1.73	41	6:57	251	7:54
Schwimmen Total	0.50	17:18	1.73	41	6:57	251	7:54	0.50	17:18	1.73	41	6:57	251	7:54
Rad netto	20.00	41:15	29.09	35	10:14	220	38:39	20.50	58:33	21.01	33	16:23	221	40:58
Wechsel R -> L	-	0:44	-	10	0:13	40	0:15	20.50	59:17	20.75	32	16:36	217	40:08
Rad Total	20.00	41:59	28.58	34	10:13	212	37:49	20.50	59:17	20.75	32	16:36	217	40:08
Lauf	5.00	21:13	14.14	11	3:32	44	7:27	25.50	1:20:30	19.01	30	17:27	173	39:38