



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Foltz, Frieder

Total time: 1:11:13

Number: 26

Course: 25.50 km

Rank in course/Total: 72 (of 336)

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

Rank in course/Men: 66 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 11(of 42)

Senioren 3 (TM 50)

Best time in the category: 1:03:43

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	11:13	22:26	25	3:04	129	3:55	0.50	11:13	22:26	43	3:04	241	3:55
Wechsel S -> R	-	2:34	-	26	1:01	129	1:18	0.50	13:47	27:33	43	4:05	241	4:43
Schwimmen Total	0.50	13:47	27:33	43	4:05	241	4:43	0.50	13:47	27:33	43	4:05	241	4:43
Rad netto	20.00	33:48	1:41	5	0:48	33	9:19	20.50	47:35	2:19	43	4:53	241	6:07
Wechsel R -> L	-	1:07	-	23	0:32	133	0:40	20.50	48:42	2:22	43	5:09	241	7:31
Rad Total	20.00	34:55	1:44	6	1:04	39	6:56	20.50	48:42	2:22	43	5:09	241	7:31
Lauf	5.00	22:31	4:30	12	3:07	75	4:53	25.50	1:11:13	2:47	11	7:30	66	9:53