



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Stauch, Frank

Total time: 1:27:56

Number: 142

Course: 25.50 km

Rank in course/Total: 267 (of 336)

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

Rank in course/Men: 202 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 32(of 39)

Senioren 2 (TM 45)

Best time in the category: 1:03:26

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	12:58	25:56	30	5:24	185	5:40	0.50	12:58	25:56	40	5:24	241	5:40
Wechsel S -> R	-	3:06	-	29	1:36	172	1:50	0.50	16:04	32:07	40	7:00	241	7:00
Schwimmen Total	0.50	16:04	32:07	40	7:00	241	7:00	0.50	16:04	32:07	40	7:00	241	7:00
Rad netto	20.00	38:13	1:54	30	6:57	148	13:44	20.50	54:17	2:38	40	12:18	241	12:49
Wechsel R -> L	-	2:05	-	37	1:38	230	1:38	20.50	56:22	2:44	40	13:37	241	15:11
Rad Total	20.00	40:18	2:00	30	8:10	164	12:19	20.50	56:22	2:44	40	13:37	241	15:11
Lauf	5.00	31:34	6:18	36	12:42	224	13:56	25.50	1:27:56	3:26	32	24:30	202	26:36