



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Niebler, Frank

Total time: 1:19:23

Club: TSV Amicitia Viernheim

Number: 187

Course: 25.50 km

Rank in course/Total: 179 (of 336)

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

Rank in course/Men: 154 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 32(of 42)

Senioren 3 (TM 50)

Best time in the category: 1:03:43

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	14:57	29:53	40	6:48	220	7:39	0.50	14:57	29:53	43	6:48	241	7:39
Wechsel S -> R	-	2:30	-	23	0:57	121	1:14	0.50	17:27	34:53	43	7:45	241	8:23
Schwimmen Total	0.50	17:27	34:53	43	7:45	241	8:23	0.50	17:27	34:53	43	7:45	241	8:23
Rad netto	20.00	36:31	1:49	19	3:31	102	12:02	20.50	53:58	2:37	43	11:16	241	12:30
Wechsel R -> L	-	1:03	-	17	0:28	114	0:36	20.50	55:01	2:41	43	11:28	241	13:50
Rad Total	20.00	37:34	1:52	19	3:43	101	9:35	20.50	55:01	2:41	43	11:28	241	13:50
Lauf	5.00	24:22	4:52	24	4:58	129	6:44	25.50	1:19:23	3:06	32	15:40	154	18:03