



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Gutschalk, Frank

Total time: 1:21:41

Number: 180

Course: 25.50 km

Rank in course/Total: 201 (of 336)

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

Rank in course/Men: 168 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 24(of 31)

Senioren 1 (TM 40)

Best time in the category: 1:02:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Schwimmen nett	0.50	13:46	27:32	28	5:49	204	6:28	0.50	13:46	27:32	32	5:49	241	6:28
Wechsel S -> R	-	2:56	-	23	1:34	155	1:40	0.50	16:42	33:23	32	7:05	241	7:38
Schwimmen Total	0.50	16:42	33:23	32	7:05	241	7:38	0.50	16:42	33:23	32	7:05	241	7:38
Rad netto	20.00	37:37	1:52	20	5:32	132	13:08	20.50	54:19	2:38	32	10:18	241	12:51
Wechsel R -> L	-	1:09	-	18	0:39	145	0:42	20.50	55:28	2:42	32	14:17	241	14:17
Rad Total	20.00	38:46	1:56	18	6:10	128	10:47	20.50	55:28	2:42	32	14:17	241	14:17
Lauf	5.00	26:13	5:14	23	8:22	173	8:35	25.50	1:21:41	3:12	24	18:56	168	20:21