



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Rebel, Frank

Total time: 1:29:11

Number: 162

Course: 25.50 km

Rank in course/Total: 278 (of 336)

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

Rank in course/Men: 209 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 36(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.	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	15:02	30:03	35	7:28	221	7:44	0.50	15:02	30:03	40	7:28	241	7:44
Wechsel S -> R	-	3:49	-	34	2:19	206	2:33	0.50	18:51	37:42	40	9:47	241	9:47
Schwimmen Total	0.50	18:51	37:42	40	9:47	241	9:47	0.50	18:51	37:42	40	9:47	241	9:47
Rad netto	20.00	43:58	2:11	38	12:42	225	19:29	20.50	1:02:49	3:03	40	20:50	241	21:21
Wechsel R -> L	-	0:48	-	4	0:21	59	0:21	20.50	1:03:37	3:06	40	20:52	241	22:26
Rad Total	20.00	44:46	2:14	37	12:38	219	16:47	20.50	1:03:37	3:06	40	20:52	241	22:26
Lauf	5.00	25:34	5:06	27	6:42	159	7:56	25.50	1:29:11	3:29	36	25:45	209	27:51