



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

## Detailed evaluation

Lijding, Frank

Total time: 1:13:21

Number: 28

Course: 25.50 km

Rank in course/Total: 100 (of 336)

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

Rank in course/Men: 91 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 17(of 39)

Senioren 2 (TM 45)

Best time in the category: 1:03:26

### 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	10:53	21:45	20	3:19	114	3:35	0.50	10:53	21:45	40	3:19	241	3:35
Wechsel S -> R	-	1:40	-	2	0:10	12	0:24	0.50	12:33	25:06	40	3:29	82	3:29
Schwimmen Total	0.50	12:33	25:06	40	3:29	82	3:29	0.50	12:33	25:06	40	3:29	82	3:29
Rad netto	20.00	37:50	1:53	27	6:34	137	13:21	20.50	50:23	2:27	20	8:24	241	8:55
Wechsel R -> L	-	1:09	-	24	0:42	145	0:42	20.50	51:32	2:30	40	8:47	241	10:21
Rad Total	20.00	38:59	1:56	27	6:51	136	11:00	20.50	51:32	2:30	40	8:47	241	10:21
Lauf	5.00	21:49	4:21	14	2:57	59	4:11	25.50	1:13:21	2:52	17	9:55	91	12:01