



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Friedrich, Kai

Total time: 1:04:50

Number: 282

Course: 25.50 km

Rank in course/Total: 16 (of 336)

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

Rank in course/Men: 15 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 2(of 24)

männliche AK 4 (TM 35)

Best time in the category: 1:02:39

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	9:04	18:07	3	1:09	28	1:46	0.50	9:04	18:07	3	1:09	241	1:46
Wechsel S -> R	-	1:49	-	6	0:13	37	0:33	0.50	10:53	21:45	25	0:16	241	1:49
Schwimmen Total	0.50	10:53	21:45	25	0:16	241	1:49	0.50	10:53	21:45	25	0:16	241	1:49
Rad netto	20.00	33:35	1:40	8	9:06	26	9:06	20.50	44:28	2:10	25	0:41	241	3:00
Wechsel R -> L	-	0:37	-	3	0:03	14	0:10	20.50	45:05	2:11	25	0:41	21	3:54
Rad Total	20.00	34:12	1:42	8	6:13	25	6:13	20.50	45:05	2:11	25	0:41	21	3:54
Lauf	5.00	19:45	3:57	3	1:30	16	2:07	25.50	1:04:50	2:32	2	2:11	15	3:30