



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Liedtke, Frederik

Total time: 1:17:54

Number: 277

Course: 25.50 km

Rank in course/Total: 149 (of 336)

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

Rank in course/Men: 129 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 19(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	9:22	18:44	6	1:27	40	2:04	0.50	9:22	18:44	6	1:27	241	2:04
Wechsel S -> R	-	3:23	-	21	1:47	189	2:07	0.50	12:45	25:30	25	2:08	241	3:41
Schwimmen Total	0.50	12:45	25:30	25	2:08	241	3:41	0.50	12:45	25:30	25	2:08	241	3:41
Rad netto	20.00	38:00	1:53	19	13:31	141	13:31	20.50	50:45	2:28	25	6:58	241	9:17
Wechsel R -> L	-	1:27	-	22	0:53	192	1:00	20.50	52:12	2:32	25	7:48	241	11:01
Rad Total	20.00	39:27	1:58	19	11:28	145	11:28	20.50	52:12	2:32	25	7:48	241	11:01
Lauf	5.00	25:42	5:08	22	7:27	160	8:04	25.50	1:17:54	3:03	19	15:15	129	16:34