



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

## Detailed evaluation

Ritter, Frank

Total time: 1:08:06

Number: 114

Course: 25.50 km

Rank in course/Total: 38 (of 336)

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

Rank in course/Men: 37 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 4(of 42)

Senioren 3 (TM 50)

Best time in the category: 1:03:43

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	11:33	23:06	27	3:24	139	4:15	0.50	11:33	23:06	43	3:24	241	4:15
Wechsel S -> R	-	2:03	-	12	0:30	68	0:47	0.50	13:36	27:11	43	3:54	241	4:32
Schwimmen Total	0.50	13:36	27:11	43	3:54	241	4:32	0.50	13:36	27:11	43	3:54	241	4:32
Rad netto	20.00	34:02	1:42	7	1:02	40	9:33	20.50	47:38	2:19	43	4:56	241	6:10
Wechsel R -> L	-	1:04	-	19	0:29	118	0:37	20.50	48:42	2:22	43	5:09	241	7:31
Rad Total	20.00	35:06	1:45	9	1:15	46	7:07	20.50	48:42	2:22	43	5:09	241	7:31
Lauf	5.00	19:24	3:52	1	-	14	1:46	25.50	1:08:06	2:40	4	4:23	37	6:46