



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Deselaers, Frank

Total time: 1:16:22

Number: 124

Course: 25.50 km

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

Rank in course/Total: 140 (of 353)

Rank in course/Men: 127 (of 269)

Best time in course: 57:23

Category:

Senioren 2 (TM 45)

Rank in category: 29(of 55)

Best time in the category: 1:03:12

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	12:46	25:32	46	4:15	212	5:47	0.50	12:46	25:32	56	4:15	269	5:47
Wechsel S -> R	-	2:14	-	14	0:37	62	0:58	0.50	15:00	30:00	56	4:24	268	6:45
Schwimmen Total	0.50	15:00	30:00	56	4:24	268	6:45	0.50	15:00	30:00	56	4:24	268	6:45
Kontrolle Rad	6.00	12:22	2:03	45	2:23	195	3:08	6.50	27:22	4:12	56	6:17	268	8:39
Kontrolle Rad	8.00	15:30	1:56	47	3:03	203	3:43	14.50	42:52	2:57	56	9:19	267	11:17
Rad Ziel	6.00	11:09	1:51	45	1:54	186	2:36	20.50	54:01	2:38	56	11:11	268	13:22
Rad Net	20.00	39:01	1:57	1	29:46	1	30:28	20.50	54:01	2:38	56	11:11	268	13:22
Wechsel R -> L	-	0:32	-	1	-	1	-	20.50	54:33	2:39	56	11:02	268	13:14
Rad Total	20.00	39:33	1:58	44	7:02	180	9:08	20.50	54:33	2:39	56	11:02	268	13:14
Kontrolle Lauf	2.40	10:42	4:27	12	1:24	54	2:52	22.90	1:05:15	2:50	56	11:54	265	16:06
Lauf Ziel	2.60	11:07	4:16	13	1:21	53	2:53	25.50	1:16:22	2:59	29	13:10	127	18:59
Lauf Total	5.00	21:49	4:21	12	2:43	55	5:45	25.50	1:16:22	2:59	29	13:10	127	18:59