



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Nold, Frank

Total time: 1:24:29

Number: 314

Course: 25.50 km

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

Rank in course/Total: 255 (of 353)

Rank in course/Men: 212 (of 269)

Best time in course: 57:23

Category:

Senioren 3 (TM 50)

Rank in category: 38(of 48)

Best time in the category: 1:07:43

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	14:04	28:07	42	5:34	241	7:05	0.50	14:04	28:07	49	5:34	269	7:05
Wechsel S -> R	-	3:19	-	40	1:38	206	2:03	0.50	17:23	34:45	49	6:51	268	9:08
Schwimmen Total	0.50	17:23	34:45	49	6:51	268	9:08	0.50	17:23	34:45	49	6:51	268	9:08
Kontrolle Rad	6.00	12:00	2:00	31	1:22	165	2:46	6.50	29:23	4:31	49	8:07	268	10:40
Kontrolle Rad	8.00	14:14	1:46	20	1:05	128	2:27	14.50	43:37	3:00	49	9:02	267	12:02
Rad Ziel	6.00	10:26	1:44	20	0:52	121	1:53	20.50	54:03	2:38	49	9:27	268	13:24
Rad Net	20.00	36:40	1:49	1	27:06	1	28:07	20.50	54:03	2:38	49	9:27	268	13:24
Wechsel R -> L	-	1:48	-	45	1:14	248	1:16	20.50	55:51	2:43	36	10:29	268	14:32
Rad Total	20.00	38:28	1:55	28	4:06	153	8:03	20.50	55:51	2:43	36	10:29	268	14:32
Kontrolle Lauf	2.40	13:51	5:46	38	4:57	211	6:01	22.90	1:09:42	3:02	48	13:24	265	20:33
Lauf Ziel	2.60	14:47	5:41	39	5:32	220	6:33	25.50	1:24:29	3:18	38	16:46	212	27:06
Lauf Total	5.00	28:38	5:43	39	10:29	218	12:34	25.50	1:24:29	3:18	38	16:46	212	27:06