



Detailed evaluation

Lars Erik Fricke

Total time: 1:35:04

Club: AC Apolda

Number: 73

Course: 37.00 km

Rank in course/Total: 2 (of 74)

Hexengrund-Triathlon 37 km

Rank in course/Men: 2 (of 58)

Best time in course: 1:33:38

Category:

Rank in category: 1(of 12)

AK 40, Senioren 1

Best time in the category: 1:35:04

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	8:07	16:14	1	-	2	0:39	0.50	8:07	16:14	1	-	2	0:39	
Wechsel Schw.-R	-	0:53	-	1	-	1	-	0.50	9:00	18:00	1	-	2	0:29	
Schwimmen Total	0.50	9:00	18:00	1	-	2	0:29	0.50	9:00	18:00	1	-	2	0:29	
Vorrunde Rad	2.00	4:05	2:02	2	0:05	2	0:05	2.50	13:05	5:14	1	-	2	0:02	
Runde Rad	9.00	16:59	1:53	2	0:09	2	0:09	11.50	30:04	2:36	1	-	1	-	
Runde Rad	9.00	17:17	1:55	2	0:17	2	0:17	20.50	47:21	2:18	1	-	1	-	
Runde Rad	9.00	17:44	1:58	2	0:05	2	0:05	29.50	1:05:05	2:12	1	-	1	-	
Wechsel Rad-Lau	-	0:23	-	5	0:13	25	0:17	29.50	1:05:28	2:13	1	-	1	-	
Rad Total	29.00	56:28	1:56	1	-	6	56:28	29.50	1:05:28	2:13	1	-	1	-	
Runde Laufen	2.50	9:53	3:57	3	0:27	5	0:47	32.00	1:15:21	2:21	1	-	1	-	
Runde Laufen	2.50	9:52	3:56	3	0:22	5	0:48	34.50	1:25:13	2:28	1	-	2	0:34	
Lauf	2.50	9:51	3:56	3	0:16	5	0:52	37.00	1:35:04	2:34	1	-	2	1:26	
Lauf Total	7.50	29:36	3:56	3	1:01	5	2:27	37.00	1:35:04	2:34	1	-	2	1:26	