



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Frank Deselaers

Total time: 1:20:09

Club: TV Einhausen

Number: 29

Course: 25.50 km

Rank in course/Total: 137 (of 279)

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

Rank in course/Men: 120 (of 210)

Best time in course: 59:54

Category:

Rank in category: 19(of 29)

Senioren 2 (TM 45)

Best time in the category: 1:02:26

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	13:17	26:33	21	4:22	167	5:29	0.50	13:17	26:33	30	4:22	167	5:29
Wechsel S -> R	-	2:13	-	6	0:52	35	0:52	0.50	15:30	31:00	19	5:00	211	5:43
Schwimmen Total	0.50	15:30	31:00	19	5:00	211	5:43	0.50	15:30	31:00	19	5:00	211	5:43
Rad netto	20.00	41:18	2:03	25	11:00	172	17:05	20.50	56:48	2:46	24	15:30	211	15:39
Wechsel R -> L	-	0:37	-	1	-	10	0:11	20.50	57:25	2:48	23	15:18	157	15:30
Rad Total	20.00	41:55	2:05	24	10:39	161	16:18	20.50	57:25	2:48	23	15:18	157	15:30
Lauf Ziel	5.00	22:44	4:32	7	2:25	59	4:45	25.50	1:20:09	3:08	19	17:43	120	20:15