



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Frank Behrens

Total time: 1:19:39

Club: LA Asphaltcowboys

Number: 189

Course: 25.50 km

Rank in course/Total: 131 (of 279)

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

Rank in course/Men: 115 (of 210)

Best time in course: 59:54

Category:

Rank in category: 15(of 28)

Senioren 3 (TM 50)

Best time in the category: 1:03:49

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	12:10	24:19	17	3:37	136	4:22	0.50	12:10	24:19	17	3:37	211	4:22
Wechsel S -> R	-	4:35	-	26	2:45	196	3:14	0.50	16:45	33:30	21	5:48	211	6:58
Schwimmen Total	0.50	16:45	33:30	21	5:48	211	6:58	0.50	16:45	33:30	21	5:48	211	6:58
Rad netto	20.00	37:41	1:53	15	6:47	99	13:28	20.50	54:26	2:39	17	12:35	211	13:17
Wechsel R -> L	-	1:13	-	19	0:41	122	0:47	20.50	55:39	2:42	17	12:37	211	13:44
Rad Total	20.00	38:54	1:56	14	6:49	96	13:17	20.50	55:39	2:42	17	12:37	211	13:44
Lauf Ziel	5.00	24:00	4:47	11	4:16	82	6:01	25.50	1:19:39	3:07	15	15:50	115	19:45