



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Frank Thösen

Total time: 1:21:17

Number: 305

Course: 25.50 km

Rank in course/Total: 148 (of 279)

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

Rank in course/Men: 128 (of 210)

Best time in course: 59:54

Category:

Rank in category: 18(of 28)

Senioren 3 (TM 50)

Best time in the category: 1:03:49

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	12:34	25:07	19	4:01	148	4:46	0.50	12:34	25:07	29	4:01	211	4:46
Wechsel S -> R	-	2:20	-	7	0:30	46	0:59	0.50	14:54	29:48	29	3:57	123	5:07
Schwimmen Total	0.50	14:54	29:48	29	3:57	123	5:07	0.50	14:54	29:48	29	3:57	123	5:07
Rad netto	20.00	36:01	1:48	10	5:07	65	11:48	20.50	50:55	2:29	29	9:04	211	9:46
Wechsel R -> L	-	1:16	-	20	0:44	134	0:50	20.50	52:11	2:32	29	9:09	211	10:16
Rad Total	20.00	37:17	1:51	9	5:12	70	11:40	20.50	52:11	2:32	29	9:09	211	10:16
Lauf Ziel	5.00	29:06	5:49	24	9:22	162	11:07	25.50	1:21:17	3:11	18	17:28	128	21:23