



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Paul Freihaut

Total time: 1:10:27

Number: 327

Course: 25.50 km

Rank in course/Total: 34 (of 279)

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

Rank in course/Men: 33 (of 210)

Best time in course: 59:54

Category:

Rank in category: 4(of 17)

männliche AK 3 (TM 30)

Best time in the category: 59:54

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	10:22	20:44	8	1:27	63	2:34	0.50	10:22	20:44	18	1:27	211	2:34
Wechsel S -> R	-	2:20	-	4	0:52	46	0:59	0.50	12:42	25:23	18	2:17	211	2:55
Schwimmen Total	0.50	12:42	25:23	18	2:17	211	2:55	0.50	12:42	25:23	18	2:17	211	2:55
Rad netto	20.00	34:52	1:44	4	4:08	41	10:39	20.50	47:34	2:19	18	6:25	211	6:25
Wechsel R -> L	-	1:13	-	13	0:43	122	0:47	20.50	48:47	2:22	18	6:52	211	6:52
Rad Total	20.00	36:05	1:48	5	4:35	43	10:28	20.50	48:47	2:22	18	6:52	211	6:52
Lauf Ziel	5.00	21:40	4:20	5	3:41	41	3:41	25.50	1:10:27	2:45	4	10:33	33	10:33