



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

## Detailed evaluation

Alexander Frommhold

Total time: 1:17:21

Number: 245

Course: 25.50 km

Rank in course/Total: 102 (of 279)

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

Rank in course/Men: 91 (of 210)

Best time in course: 59:54

Category:

Rank in category: 16(of 24)

männliche AK 4 (TM 35)

Best time in the category: 1:03:42

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Schwimmen nett  | 0.50        | 11:44         | 23:27           | 21          | 3:39           | 116         | 3:56          | 0.50          | 11:44         | 23:27           | 21          | 3:39           | 116        | 3:56          |
| Wechsel S -> R  | -           | 3:10          | -               | 19          | 1:27           | 135         | 1:49          | 0.50          | 14:54         | 29:48           | 25          | 4:23           | 123        | 5:07          |
| Schwimmen Total | 0.50        | 14:54         | 29:48           | 25          | 4:23           | 123         | 5:07          | 0.50          | 14:54         | 29:48           | 25          | 4:23           | 123        | 5:07          |
| Rad netto       | 20.00       | 38:32         | 1:55            | 17          | 5:45           | 118         | 14:19         | 20.50         | 53:26         | 2:36            | 25          | 9:33           | 211        | 12:17         |
| Wechsel R -> L  | -           | 1:36          | -               | 23          | 0:54           | 181         | 1:10          | 20.50         | 55:02         | 2:41            | 25          | 10:09          | 211        | 13:07         |
| Rad Total       | 20.00       | 40:08         | 2:00            | 18          | 6:05           | 129         | 14:31         | 20.50         | 55:02         | 2:41            | 25          | 10:09          | 211        | 13:07         |
| Lauf Ziel       | 5.00        | 22:19         | 4:27            | 9           | 3:31           | 52          | 4:20          | 25.50         | 1:17:21       | 3:01            | 16          | 13:39          | 91         | 17:27         |