



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		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
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