



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

## Detailed evaluation

**Frank Ixmann**

**Total time: 1:17:01**

Club: LCO Edenkoben

Number: 178

Course: 25.50 km

Rank in course/Total: 98 (of 279)

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

Rank in course/Men: 87 (of 210)

Best time in course: 59:54

Category:

Rank in category: 7(of 13)

Senioren 1 (TM 40)

Best time in the category: 1:05:38

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen nett	0.50	9:24	18:48	4	0:41	28	1:36	0.50	9:24	18:48	14	0:41	211	1:36	
Wechsel S -> R	-	1:57	-	2	0:08	21	0:36	0.50	11:21	22:41	14	0:49	211	1:34	
Schwimmen Total	0.50	11:21	22:41	14	0:49	211	1:34	0.50	11:21	22:41	14	0:49	211	1:34	
Rad netto	20.00	36:21	1:49	7	4:31	76	12:08	20.50	47:42	2:19	14	4:19	211	6:33	
Wechsel R -> L	-	1:13	-	6	0:25	122	0:47	20.50	48:55	2:23	14	4:20	211	7:00	
Rad Total	20.00	37:34	1:52	7	4:32	78	11:57	20.50	48:55	2:23	14	4:20	211	7:00	
Lauf Ziel	5.00	28:06	5:37	10	7:18	156	10:07	25.50	1:17:01	3:01	7	11:23	87	17:07	