



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Frank Deselaers

Total time: 1:17:38

Club: SSGTVDLRG Oahause

Number: 147

Course: 25.50 km

Rank in course/Total: 136 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 121 (of 262)

Best time in course: 58:32

Category:

Rank in category: 9(of 32)

Senioren 3 (TM 50)

Best time in the category: 1:02:16

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	12:46	25:32	21	4:06	196	5:49	0.50	12:46	25:32	21	4:06	263	5:49
Wechsel S -> R	-	2:26	-	10	1:04	83	1:10	0.50	15:12	30:23	33	4:56	263	6:46
Schwimmen Total	0.50	15:12	30:23	33	4:56	263	6:46	0.50	15:12	30:23	33	4:56	263	6:46
Rad netto	20.00	39:57	1:59	22	9:05	182	15:33	20.50	55:09	2:41	33	14:01	263	16:53
Wechsel R -> L	-	0:35	-	2	0:04	9	0:08	20.50	55:44	2:43	33	13:57	263	16:36
Rad Total	20.00	40:32	2:01	21	9:01	174	15:23	20.50	55:44	2:43	33	13:57	263	16:36
Lauf Ziel	5.00	21:54	4:22	6	2:18	66	21:54	25.50	1:17:38	3:02	9	15:22	121	19:06