



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Frank Behrens

Total time: 1:20:13

Club: LA Asphaltcowboys

Number: 109

Course: 25.50 km

Rank in course/Total: 167 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 146 (of 262)

Best time in course: 58:32

Category:

Rank in category: 15(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	12:34	25:07	19	3:54	183	5:37	0.50	12:34	25:07	19	3:54	263	5:37
Wechsel S -> R	-	3:23	-	25	2:01	203	2:07	0.50	15:57	31:53	33	5:41	206	7:31
Schwimmen Total	0.50	15:57	31:53	33	5:41	206	7:31	0.50	15:57	31:53	33	5:41	206	7:31
Rad netto	20.00	38:08	1:54	16	7:16	150	13:44	20.50	54:05	2:38	33	12:57	263	15:49
Wechsel R -> L	-	1:01	-	13	0:30	111	0:34	20.50	55:06	2:41	33	13:19	263	15:58
Rad Total	20.00	39:09	1:57	14	7:38	144	14:00	20.50	55:06	2:41	33	13:19	263	15:58
Lauf Ziel	5.00	25:07	5:01	14	5:31	143	25:07	25.50	1:20:13	3:08	15	17:57	146	21:41