



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

**Joerg Frank**

**Total time: 1:09:05**

Club: Eintracht Frankfurt e. V. - Triathlon

Number: 297

Course: 25.50 km

Rank in course/Total: 45 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 42 (of 262)

Best time in course: 58:32

Category:

Rank in category: 4(of 31)

Senioren 4 (TM 55)

Best time in the category: 1:07:05

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	9:18	18:36	3	0:17	32	2:21	0.50	9:18	18:36	32	0:17	263	2:21
Wechsel S -> R	-	1:44	-	2	0:03	19	0:28	0.50	11:02	22:03	1	-	263	2:36
Schwimmen Total	0.50	11:02	22:03	1	-	263	2:36	0.50	11:02	22:03	1	-	263	2:36
Rad netto	20.00	36:26	1:49	10	3:24	95	12:02	20.50	47:28	2:18	32	2:19	263	9:12
Wechsel R -> L	-	0:38	-	1	-	16	0:11	20.50	48:06	2:20	32	2:03	263	8:58
Rad Total	20.00	37:04	1:51	8	3:06	85	11:55	20.50	48:06	2:20	32	2:03	263	8:58
Lauf Ziel	5.00	20:59	4:11	2	20:59	47	20:59	25.50	1:09:05	2:42	4	2:00	42	10:33