



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Karsten Köhler

Total time: 1:17:47

Number: 278

Course: 25.50 km

Rank in course/Total: 109 (of 279)

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

Rank in course/Men: 96 (of 210)

Best time in course: 59:54

Category:

Rank in category: 15(of 29)

Senioren 2 (TM 45)

Best time in the category: 1:02:26

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	13:32	27:03	24	4:37	176	5:44	0.50	13:32	27:03	30	4:37	211	5:44
Wechsel S -> R	-	3:09	-	23	1:48	133	1:48	0.50	16:41	33:22	30	6:11	211	6:54
Schwimmen Total	0.50	16:41	33:22	30	6:11	211	6:54	0.50	16:41	33:22	30	6:11	211	6:54
Rad netto	20.00	38:19	1:54	17	8:01	112	14:06	20.50	55:00	2:40	30	13:42	211	13:51
Wechsel R -> L	-	0:49	-	6	0:12	40	0:23	20.50	55:49	2:43	30	13:42	211	13:54
Rad Total	20.00	39:08	1:57	14	7:52	102	13:31	20.50	55:49	2:43	30	13:42	211	13:54
Lauf Ziel	5.00	21:58	4:23	6	1:39	45	3:59	25.50	1:17:47	3:03	15	15:21	96	17:53