



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

## Detailed evaluation

Martin Lichtenheldt

Total time: 1:19:37

Number: 243

Course: 25.50 km

Rank in course/Total: 128 (of 279)

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

Rank in course/Men: 113 (of 210)

Best time in course: 59:54

Category:

Rank in category: 9(of 13)

Senioren 1 (TM 40)

Best time in the category: 1:05:38

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	13:13	26:26	13	4:30	165	5:25	0.50	13:13	26:26	13	4:30	211	5:25
Wechsel S -> R	-	3:38	-	11	1:49	164	2:17	0.50	16:51	33:42	12	6:19	169	7:04
Schwimmen Total	0.50	16:51	33:42	12	6:19	169	7:04	0.50	16:51	33:42	12	6:19	169	7:04
Rad netto	20.00	37:18	1:51	8	5:28	89	13:05	20.50	54:09	2:38	14	10:46	211	13:00
Wechsel R -> L	-	1:25	-	9	0:37	157	0:59	20.50	55:34	2:42	14	10:59	211	13:39
Rad Total	20.00	38:43	1:56	8	5:41	93	13:06	20.50	55:34	2:42	14	10:59	211	13:39
Lauf Ziel	5.00	24:03	4:48	6	3:15	85	6:04	25.50	1:19:37	3:07	9	13:59	113	19:43