



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 | Split | | Pos | Behind | Pos | | Total | Total | Total | Pos | Behind | Pos | Behind | |
|-----------------|-------|-------|-------|--------|--------|------|-------|-------|---------|-------|--------|-------|--------|-------|
| | km | Time | | | min/km | Cat. | | | | | | | | Cat. |
| 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 |