



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Christian Czok

Total time: 1:23:40

Club: LautStark

Number: 177

Course: 25.50 km

Rank in course/Total: 174 (of 279)

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

Rank in course/Men: 145 (of 210)

Best time in course: 59:54

Category:

Rank in category: 11(of 13)

Senioren 1 (TM 40)

Best time in the category: 1:05:38

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	11:22	22:44	10	2:39	101	3:34	0.50	11:22	22:44	14	2:39	211	3:34
Wechsel S -> R	-	2:44	-	9	0:55	94	1:23	0.50	14:06	28:11	14	3:34	97	4:19
Schwimmen Total	0.50	14:06	28:11	14	3:34	97	4:19	0.50	14:06	28:11	14	3:34	97	4:19
Rad netto	20.00	37:22	1:52	9	5:32	93	13:09	20.50	51:28	2:30	14	8:05	211	10:19
Wechsel R -> L	-	2:15	-	12	1:27	202	1:49	20.50	53:43	2:37	14	9:08	211	11:48
Rad Total	20.00	39:37	1:58	9	6:35	113	14:00	20.50	53:43	2:37	14	9:08	211	11:48
Lauf Ziel	5.00	29:57	5:59	12	9:09	172	11:58	25.50	1:23:40	3:16	11	18:02	145	23:46