



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Staffelst bchen

Club: SSG Bensheim

Number: 381

Course: 25.50 km

Triathlonstaffel

Category:

Herren-Staffel

Total time: 1:15:20

Rank in course: 18 (of 42)

Best time in course: 58:28

Rank in category: 4(of 11)

Best time in the category: 59:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen nett	0.50	9:47	19:33	4	1:50	14	2:42	0.50	9:47	19:33	4	1:50	14	2:42
Wechsel S -> R	-	1:21	-	3	0:12	7	0:12	0.50	11:08	22:15	4	1:45	11	2:46
Schwimmen Total	0.50	11:08	22:15	4	1:45	11	2:46	0.50	11:08	22:15	4	1:45	11	2:46
Rad netto	20.00	40:41	2:02	9	7:52	30	11:05	20.50	51:49	2:31	5	8:22	22	13:25
Wechsel R -> L	-	0:28	-	2	0:03	6	0:04	20.50	52:17	2:33	5	8:19	22	13:20
Rad Total	20.00	41:09	2:03	9	7:49	30	11:00	20.50	52:17	2:33	5	8:19	22	13:20
Lauf	5.00	23:03	4:36	4	7:40	15	7:40	25.50	1:15:20	2:57	4	15:59	18	16:52