



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Zusammen 198 - Alter ist nur eine Zahl Total time: 1:02:10

Club: Heike Dieteren~Wolfgang Lenhardt~Luc Dieteren

Number: 406

Course: 25.50 km

Triathlonstaffel

Rank in course: 3 (of 42)

Best time in course: 58:28

Category:

Rank in category: 2(of 25)

Mixed-Staffel

Best time in the category: 58:28

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	10:21	20:41	12	3:16	18	3:16	0.50	10:21	20:41	12	3:16	18	3:16
Wechsel S -> R	-	1:37	-	16	0:22	24	0:28	0.50	11:58	23:56	12	3:36	18	3:36
Schwimmen Total	0.50	11:58	23:56	12	3:36	18	3:36	0.50	11:58	23:56	12	3:36	18	3:36
Rad netto	20.00	31:06	1:33	3	1:30	3	1:30	20.50	43:04	2:06	2	4:40	2	4:40
Wechsel R -> L	-	0:29	-	6	0:05	8	0:05	20.50	43:33	2:07	2	4:36	2	4:36
Rad Total	20.00	31:35	1:34	3	1:26	3	1:26	20.50	43:33	2:07	2	4:36	2	4:36
Lauf	5.00	18:37	3:43	4	1:24	5	3:14	25.50	1:02:10	2:26	2	3:42	3	3:42