



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Los Mitochondrios

Total time: 1:15:16

Number: 415

Course: 25.50 km

Triathlonstaffel

Rank in course: 17 (of 42)

Best time in course: 58:28

Category:

Rank in category: 13(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	11:19	22:37	13	4:14	19	4:14	0.50	11:19	22:37	13	4:14	19	4:14
Wechsel S -> R	-	1:22	-	5	0:07	8	0:13	0.50	12:41	25:22	13	4:19	19	4:19
Schwimmen Total	0.50	12:41	25:22	13	4:19	19	4:19	0.50	12:41	25:22	13	4:19	19	4:19
Rad netto	20.00	31:44	1:35	4	2:08	4	2:08	20.50	44:25	2:09	4	6:01	6	6:01
Wechsel R -> L	-	0:32	-	15	0:08	21	0:08	20.50	44:57	2:11	4	6:00	6	6:00
Rad Total	20.00	32:16	1:36	4	2:07	4	2:07	20.50	44:57	2:11	4	6:00	6	6:00
Lauf	5.00	30:19	6:03	21	13:06	35	14:56	25.50	1:15:16	2:57	13	16:48	17	16:48