



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

TriTeam Ludwigshafener Lauf-Club Total time: 1:08:37

Club: Mischa Helfenfinger~Dominique Helfenfinger~Fabian

Number: 402

Course: 25.50 km

Triathlonstaffel

Rank in course: 8 (of 42)

Best time in course: 58:28

Category:

Herren-Staffel

Rank in category: 3(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	8:15	16:30	2	0:18	6	1:10	0.50	8:15	16:30	2	0:18	6	1:10
Wechsel S -> R	-	1:18	-	2	0:09	5	0:09	0.50	9:33	19:06	2	0:10	6	1:11
Schwimmen Total	0.50	9:33	19:06	2	0:10	6	1:11	0.50	9:33	19:06	2	0:10	6	1:11
Rad netto	20.00	36:52	1:50	4	4:03	15	7:16	20.50	46:25	2:15	3	2:58	8	8:01
Wechsel R -> L	-	0:34	-	7	0:09	26	0:10	20.50	46:59	2:17	3	3:01	8	8:02
Rad Total	20.00	37:26	1:52	4	4:06	15	7:17	20.50	46:59	2:17	3	3:01	8	8:02
Lauf	5.00	21:38	4:19	3	6:15	9	6:15	25.50	1:08:37	2:41	3	9:16	8	10:09