



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

Ruben Wiedemann

Total time: 1:06:00

Club: RV 03 Bürstadt Triathlon

Number: 155

Course: 25.50 km

Rank in course/Total: 21 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 19 (of 262)

Best time in course: 58:32

Category:

Rank in category: 1(of 15)

männliche AK 1 (TM 20)

Best time in the category: 1:06:00

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	8:37	17:14	1	-	11	1:40	0.50	8:37	17:14	1	-	263	1:40
Wechsel S -> R	-	1:37	-	1	-	9	0:21	0.50	10:14	20:27	1	-	263	1:48
Schwimmen Total	0.50	10:14	20:27	1	-	263	1:48	0.50	10:14	20:27	1	-	263	1:48
Rad netto	20.00	34:43	1:44	4	10:19	61	10:19	20.50	44:57	2:11	2	5:24	263	6:41
Wechsel R -> L	-	0:38	-	5	0:06	16	0:11	20.50	45:35	2:13	2	5:17	263	6:27
Rad Total	20.00	35:21	1:46	3	10:12	44	10:12	20.50	45:35	2:13	2	5:17	263	6:27
Lauf Ziel	5.00	20:25	4:05	5	20:25	35	20:25	25.50	1:06:00	2:35	1	-	19	7:28