



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Lars Knapp

Total time: 1:19:42

Number: 244

Course: 25.50 km

Rank in course/Total: 163 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 142 (of 262)

Best time in course: 58:32

Category:

Rank in category: 10(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	10:42	21:23	8	2:05	95	3:45	0.50	10:42	21:23	16	2:05	263	3:45
Wechsel S -> R	-	3:36	-	12	1:59	217	2:20	0.50	14:18	28:36	16	4:04	129	5:52
Schwimmen Total	0.50	14:18	28:36	16	4:04	129	5:52	0.50	14:18	28:36	16	4:04	129	5:52
Rad netto	20.00	39:00	1:57	10	14:36	169	14:36	20.50	53:18	2:35	16	13:45	263	15:02
Wechsel R -> L	-	0:44	-	7	0:12	42	0:17	20.50	54:02	2:38	16	13:44	263	14:54
Rad Total	20.00	39:44	1:59	10	14:35	156	14:35	20.50	54:02	2:38	16	13:44	263	14:54
Lauf Ziel	5.00	25:40	5:08	11	25:40	156	25:40	25.50	1:19:42	3:07	10	13:42	142	21:10