



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Paul Alex

Total time: 1:36:22

Number: 230

Course: 25.50 km

Rank in course/Total: 316 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 244 (of 262)

Best time in course: 58:32

Category:

Rank in category: 23(of 23)

männliche AK 4 (TM 35)

Best time in the category: 1:02:13

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	11:40	23:19	17	3:20	142	4:43	0.50	11:40	23:19	24	3:20	263	4:43
Wechsel S -> R	-	3:51	-	21	2:20	229	2:35	0.50	15:31	31:02	24	5:34	263	7:05
Schwimmen Total	0.50	15:31	31:02	24	5:34	263	7:05	0.50	15:31	31:02	24	5:34	263	7:05
Rad netto	20.00	42:07	2:06	20	10:11	212	17:43	20.50	57:38	2:48	24	15:45	263	19:22
Wechsel R -> L	-	2:20	-	23	1:39	254	1:53	20.50	59:58	2:55	24	17:24	220	20:50
Rad Total	20.00	44:27	2:13	21	11:50	225	19:18	20.50	59:58	2:55	24	17:24	220	20:50
Lauf Ziel	5.00	36:24	7:16	22	17:07	253	36:24	25.50	1:36:22	3:46	23	34:09	244	37:50