



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Ruben Gärtner

Total time: 1:09:40

Club: LCO-Lorsch

Number: 182

Course: 25.50 km

Rank in course/Total: 52 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 48 (of 262)

Best time in course: 58:32

Category:

Rank in category: 2(of 11)

männliche Junioren (TM 18/19)

Best time in the category: 1:05:18

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	10:04	20:07	2	0:42	64	3:07	0.50	10:04	20:07	2	0:42	263	3:07	
Wechsel S -> R	-	1:54	-	1	-	27	0:38	0.50	11:58	23:56	2	0:41	263	3:32	
Schwimmen Total	0.50	11:58	23:56	2	0:41	263	3:32	0.50	11:58	23:56	2	0:41	263	3:32	
Rad netto	20.00	36:34	1:49	5	3:24	101	12:10	20.50	48:32	2:22	4	3:30	263	10:16	
Wechsel R -> L	-	0:30	-	2	0:03	2	0:03	20.50	49:02	2:23	3	3:33	263	9:54	
Rad Total	20.00	37:04	1:51	5	2:52	84	11:55	20.50	49:02	2:23	3	3:33	263	9:54	
Lauf Ziel	5.00	20:38	4:07	3	0:49	40	20:38	25.50	1:09:40	2:43	2	4:22	48	11:08	