



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Alexander Junkermann

Total time: 1:25:58

Number: 285

Course: 25.50 km

Rank in course/Total: 238 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 195 (of 262)

Best time in course: 58:32

Category:

Rank in category: 11(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	9:48	19:36	4	1:11	52	2:51	0.50	9:48	19:36	16	1:11	263	2:51	
Wechsel S -> R	-	3:37	-	13	2:00	218	2:21	0.50	13:25	26:49	16	3:11	263	4:59	
Schwimmen Total	0.50	13:25	26:49	16	3:11	263	4:59	0.50	13:25	26:49	16	3:11	263	4:59	
Rad netto	20.00	43:55	2:11	14	19:31	230	19:31	20.50	57:20	2:47	16	17:47	263	19:04	
Wechsel R -> L	-	0:36	-	3	0:04	11	0:09	20.50	57:56	2:49	16	17:38	263	18:48	
Rad Total	20.00	44:31	2:13	13	19:22	227	19:22	20.50	57:56	2:49	16	17:38	263	18:48	
Lauf Ziel	5.00	28:02	5:36	14	28:02	191	28:02	25.50	1:25:58	3:22	11	19:58	195	27:26	