



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Paul Pludra

Total time: 1:11:32

Number: 329

Course: 25.50 km

Rank in course/Total: 64 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 60 (of 262)

Best time in course: 58:32

Category:

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	12:20	24:40	7	2:58	172	5:23	0.50	12:20	24:40	12	2:58	173	5:23
Wechsel S -> R	-	2:15	-	3	0:21	62	0:59	0.50	14:35	29:10	12	3:18	138	6:09
Schwimmen Total	0.50	14:35	29:10	12	3:18	138	6:09	0.50	14:35	29:10	12	3:18	138	6:09
Rad netto	20.00	33:51	1:41	3	0:41	34	9:27	20.50	48:26	2:21	12	3:24	67	10:10
Wechsel R -> L	-	0:47	-	5	0:20	52	0:20	20.50	49:13	2:24	12	3:44	67	10:05
Rad Total	20.00	34:38	1:43	3	0:26	30	9:29	20.50	49:13	2:24	12	3:44	67	10:05
Lauf Ziel	5.00	22:19	4:27	5	2:30	75	22:19	25.50	1:11:32	2:48	5	6:14	60	13:00