



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Adam Kaffenberger

Total time: 1:03:10

Club: FC 07 Bensheim

Number: 270

Course: 25.50 km

Rank in course/Total: 8 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 8 (of 262)

Best time in course: 58:32

Category:

Rank in category: 3(of 22)

Senioren 1 (TM 40)

Best time in the category: 1:00:03

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	9:04	18:07	7	1:29	24	2:07	0.50	9:04	18:07	23	1:29	263	2:07
Wechsel S -> R	-	1:35	-	1	-	7	0:19	0.50	10:39	21:18	5	0:38	263	2:13
Schwimmen Total	0.50	10:39	21:18	5	0:38	263	2:13	0.50	10:39	21:18	5	0:38	263	2:13
Rad netto	20.00	33:07	1:39	4	2:16	18	8:43	20.50	43:46	2:08	23	2:47	263	5:30
Wechsel R -> L	-	0:45	-	4	0:15	45	0:18	20.50	44:31	2:10	23	3:02	263	5:23
Rad Total	20.00	33:52	1:41	4	2:31	14	8:43	20.50	44:31	2:10	23	3:02	263	5:23
Lauf Ziel	5.00	18:39	3:43	2	0:05	7	18:39	25.50	1:03:10	2:28	3	3:07	8	4:38