



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Christian Ehmann

Total time: 1:04:45

Club: LSV Ladenburg

Number: 370

Course: 25.50 km

Rank in course/Total: 11 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 11 (of 262)

Best time in course: 58:32

Category:

Rank in category: 4(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	9:34	19:07	12	1:59	42	2:37	0.50	9:34	19:07	23	1:59	42	2:37
Wechsel S -> R	-	1:43	-	3	0:08	17	0:27	0.50	11:17	22:33	23	1:16	28	2:51
Schwimmen Total	0.50	11:17	22:33	23	1:16	28	2:51	0.50	11:17	22:33	23	1:16	28	2:51
Rad netto	20.00	32:59	1:38	3	2:08	14	8:35	20.50	44:16	2:09	23	3:17	13	6:00
Wechsel R -> L	-	0:44	-	3	0:14	42	0:17	20.50	45:00	2:11	23	3:31	13	5:52
Rad Total	20.00	33:43	1:41	3	2:22	12	8:34	20.50	45:00	2:11	23	3:31	13	5:52
Lauf Ziel	5.00	19:45	3:57	4	1:11	24	19:45	25.50	1:04:45	2:32	4	4:42	11	6:13