



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

Patrick Zarembowicz

Total time: 1:09:06

Number: 144

Course: 25.50 km

Rank in course/Total: 46 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 43 (of 262)

Best time in course: 58:32

Category:

Rank in category: 7(of 22)

Senioren 1 (TM 40)

Best time in the category: 1:00:03

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	9:12	18:23	9	1:37	27	2:15	0.50	9:12	18:23	23	1:37	263	2:15
Wechsel S -> R	-	1:45	-	4	0:10	20	0:29	0.50	10:57	21:53	23	0:56	263	2:31
Schwimmen Total	0.50	10:57	21:53	23	0:56	263	2:31	0.50	10:57	21:53	23	0:56	263	2:31
Rad netto	20.00	34:13	1:42	6	3:22	43	9:49	20.50	45:10	2:12	7	4:11	263	6:54
Wechsel R -> L	-	0:51	-	6	0:21	62	0:24	20.50	46:01	2:14	6	4:32	263	6:53
Rad Total	20.00	35:04	1:45	6	3:43	35	9:55	20.50	46:01	2:14	6	4:32	263	6:53
Lauf Ziel	5.00	23:05	4:36	14	4:31	97	23:05	25.50	1:09:06	2:42	7	9:03	43	10:34