



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Thorsten Kies

Total time: 1:10:31

Club: TTV Topspin Lorsch

Number: 133

Course: 25.50 km

Rank in course/Total: 57 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 53 (of 262)

Best time in course: 58:32

Category:

Rank in category: 11(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	11:37	23:14	19	4:02	140	4:40	0.50	11:37	23:14	23	4:02	263	4:40
Wechsel S -> R	-	2:06	-	9	0:31	51	0:50	0.50	13:43	27:26	23	3:42	263	5:17
Schwimmen Total	0.50	13:43	27:26	23	3:42	263	5:17	0.50	13:43	27:26	23	3:42	263	5:17
Rad netto	20.00	36:02	1:48	13	5:11	86	11:38	20.50	49:45	2:25	16	8:46	263	11:29
Wechsel R -> L	-	0:55	-	10	0:25	79	0:28	20.50	50:40	2:28	15	9:11	263	11:32
Rad Total	20.00	36:57	1:50	13	5:36	82	11:48	20.50	50:40	2:28	15	9:11	263	11:32
Lauf Ziel	5.00	19:51	3:58	5	1:17	28	19:51	25.50	1:10:31	2:45	11	10:28	53	11:59