



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Christian Gebhardt

Total time: 1:13:10

Club: RV 03 Bürstadt

Number: 315

Course: 25.50 km

Rank in course/Total: 84 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 78 (of 262)

Best time in course: 58:32

Category:

Rank in category: 15(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	9:09	18:18	8	1:34	25	2:12	0.50	9:09	18:18	23	1:34	263	2:12
Wechsel S -> R	-	2:29	-	14	0:54	92	1:13	0.50	11:38	23:15	23	1:37	263	3:12
Schwimmen Total	0.50	11:38	23:15	23	1:37	263	3:12	0.50	11:38	23:15	23	1:37	263	3:12
Rad netto	20.00	36:53	1:50	17	6:02	115	12:29	20.50	48:31	2:22	23	7:32	263	10:15
Wechsel R -> L	-	1:09	-	15	0:39	140	0:42	20.50	49:40	2:25	23	8:11	263	10:32
Rad Total	20.00	38:02	1:54	17	6:41	108	12:53	20.50	49:40	2:25	23	8:11	263	10:32
Lauf Ziel	5.00	23:30	4:42	17	4:56	104	23:30	25.50	1:13:10	2:52	15	13:07	78	14:38