



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Matthias Hofmann

Total time: 1:13:49

Number: 206

Course: 25.50 km

Rank in course/Total: 94 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 84 (of 262)

Best time in course: 58:32

Category:

Rank in category: 16(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	12:27	24:53	21	4:52	179	5:30	0.50	12:27	24:53	21	4:52	263	5:30	
Wechsel S -> R	-	2:39	-	16	1:04	122	1:23	0.50	15:06	30:11	20	5:05	263	6:40	
Schwimmen Total	0.50	15:06	30:11	20	5:05	263	6:40	0.50	15:06	30:11	20	5:05	263	6:40	
Rad netto	20.00	36:33	1:49	15	5:42	99	12:09	20.50	51:39	2:31	23	10:40	127	13:23	
Wechsel R -> L	-	1:02	-	13	0:32	115	0:35	20.50	52:41	2:34	23	11:12	263	13:33	
Rad Total	20.00	37:35	1:52	15	6:14	98	12:26	20.50	52:41	2:34	23	11:12	263	13:33	
Lauf Ziel	5.00	21:08	4:13	9	2:34	52	21:08	25.50	1:13:49	2:53	16	13:46	84	15:17	