



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Adrian Merkel

Total time: 1:14:03

Number: 262

Course: 25.50 km

Rank in course/Total: 95 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 87 (of 262)

Best time in course: 58:32

Category:

Rank in category: 17(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	12:09	24:18	20	4:34	166	5:12	0.50	12:09	24:18	23	4:34	263	5:12	
Wechsel S -> R	-	3:04	-	20	1:29	170	1:48	0.50	15:13	30:26	23	5:12	263	6:47	
Schwimmen Total	0.50	15:13	30:26	23	5:12	263	6:47	0.50	15:13	30:26	23	5:12	263	6:47	
Rad netto	20.00	36:39	1:49	16	5:48	105	12:15	20.50	51:52	2:31	23	10:53	263	13:36	
Wechsel R -> L	-	1:18	-	17	0:48	173	0:51	20.50	53:10	2:35	23	11:41	263	14:02	
Rad Total	20.00	37:57	1:53	16	6:36	103	12:48	20.50	53:10	2:35	23	11:41	263	14:02	
Lauf Ziel	5.00	20:53	4:10	8	2:19	46	20:53	25.50	1:14:03	2:54	17	14:00	87	15:31	