



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Christian Friederich

Total time: 1:18:08

Club: SV EINTRACHT HITZERODE

Number: 165

Course: 25.50 km

Rank in course/Total: 143 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 125 (of 262)

Best time in course: 58:32

Category:

Rank in category: 18(of 22)

Senioren 1 (TM 40)

Best time in the category: 1:00:03

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Schwimmen nett	0.50	11:19	22:37	18	3:44	128	4:22	0.50	11:19	22:37	18	3:44	263	4:22
Wechsel S -> R	-	2:42	-	18	1:07	135	1:26	0.50	14:01	28:02	18	4:00	263	5:35
Schwimmen Total	0.50	14:01	28:02	18	4:00	263	5:35	0.50	14:01	28:02	18	4:00	263	5:35
Rad netto	20.00	39:34	1:58	20	8:43	174	15:10	20.50	53:35	2:36	23	12:36	263	15:19
Wechsel R -> L	-	1:04	-	14	0:34	125	0:37	20.50	54:39	2:39	23	13:10	263	15:31
Rad Total	20.00	40:38	2:01	20	9:17	176	15:29	20.50	54:39	2:39	23	13:10	263	15:31
Lauf Ziel	5.00	23:29	4:41	16	4:55	103	23:29	25.50	1:18:08	3:03	18	18:05	125	19:36