



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Sebastian Konold

Total time: 1:19:28

Number: 355

Course: 25.50 km

Rank in course/Total: 161 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 141 (of 262)

Best time in course: 58:32

Category:

Rank in category: 19(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	8:38	17:15	4	1:03	12	1:41	0.50	8:38	17:15	23	1:03	12	1:41
Wechsel S -> R	-	2:54	-	19	1:19	153	1:38	0.50	11:32	23:03	23	1:31	34	3:06
Schwimmen Total	0.50	11:32	23:03	23	1:31	34	3:06	0.50	11:32	23:03	23	1:31	34	3:06
Rad netto	20.00	38:12	1:54	19	7:21	153	13:48	20.50	49:44	2:25	23	8:45	85	11:28
Wechsel R -> L	-	1:54	-	22	1:24	243	1:27	20.50	51:38	2:31	23	10:09	104	12:30
Rad Total	20.00	40:06	2:00	19	8:45	169	14:57	20.50	51:38	2:31	23	10:09	104	12:30
Lauf Ziel	5.00	27:50	5:33	21	9:16	189	27:50	25.50	1:19:28	3:06	19	19:25	141	20:56