



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

Vladimir Baus

Total time: 1:25:42

Number: 335

Course: 25.50 km

Rank in course/Total: 231 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 190 (of 262)

Best time in course: 58:32

Category:

Rank in category: 21(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	13:22	26:44	22	5:47	217	6:25	0.50	13:22	26:44	23	5:47	217	6:25
Wechsel S -> R	-	2:35	-	15	1:00	113	1:19	0.50	15:57	31:53	23	5:56	206	7:31
Schwimmen Total	0.50	15:57	31:53	23	5:56	206	7:31	0.50	15:57	31:53	23	5:56	206	7:31
Rad netto	20.00	42:38	2:07	22	11:47	218	18:14	20.50	58:35	2:51	23	17:36	216	20:19
Wechsel R -> L	-	1:23	-	19	0:53	185	0:56	20.50	59:58	2:55	23	18:29	220	20:50
Rad Total	20.00	44:01	2:12	22	12:40	221	18:52	20.50	59:58	2:55	23	18:29	220	20:50
Lauf Ziel	5.00	25:44	5:08	18	7:10	159	25:44	25.50	1:25:42	3:21	21	25:39	190	27:10