



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Dennis Lang

Total time: 1:32:16

Number: 341

Course: 25.50 km

Rank in course/Total: 291 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 229 (of 262)

Best time in course: 58:32

Category:

Rank in category: 14(of 15)

männliche AK 1 (TM 20)

Best time in the category: 1:06:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	15:05	30:10	15	6:28	244	8:08	0.50	15:05	30:10	16	6:28	244	8:08
Wechsel S -> R	-	2:44	-	7	1:07	139	1:28	0.50	17:49	35:37	16	7:35	234	9:23
Schwimmen Total	0.50	17:49	35:37	16	7:35	234	9:23	0.50	17:49	35:37	16	7:35	234	9:23
Rad netto	20.00	42:35	2:07	13	18:11	217	18:11	20.50	1:00:24	2:56	16	20:51	232	22:08
Wechsel R -> L	-	0:39	-	6	0:07	22	0:12	20.50	1:01:03	2:58	16	20:45	228	21:55
Rad Total	20.00	43:14	2:09	12	18:05	209	18:05	20.50	1:01:03	2:58	16	20:45	228	21:55
Lauf Ziel	5.00	31:13	6:14	15	31:13	231	31:13	25.50	1:32:16	3:37	14	26:16	229	33:44