



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Nicola Basta

Total time: 1:28:11

Club: TSG Maxdorf

Number: 375

Course: 25.50 km

Rank in course/Total: 262 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 212 (of 262)

Best time in course: 58:32

Category:

Rank in category: 22(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.	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	10:46	21:32	16	3:11	101	3:49	0.50	10:46	21:32	23	3:11	101	3:49
Wechsel S -> R	-	2:41	-	17	1:06	129	1:25	0.50	13:27	26:53	23	3:26	93	5:01
Schwimmen Total	0.50	13:27	26:53	23	3:26	93	5:01	0.50	13:27	26:53	23	3:26	93	5:01
Rad netto	20.00	38:08	1:54	18	7:17	150	13:44	20.50	51:35	2:30	23	10:36	125	13:19
Wechsel R -> L	-	1:40	-	21	1:10	223	1:13	20.50	53:15	2:35	23	11:46	130	14:07
Rad Total	20.00	39:48	1:59	18	8:27	158	14:39	20.50	53:15	2:35	23	11:46	130	14:07
Lauf Ziel	5.00	34:56	6:59	22	16:22	250	34:56	25.50	1:28:11	3:27	22	28:08	212	29:39