



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Sascha Völpel

Total time: 1:10:12

Club: Ludwigshafener SV 07

Number: 322

Course: 25.50 km

Rank in course/Total: 54 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 50 (of 262)

Best time in course: 58:32

Category:

Rank in category: 7(of 30)

Senioren 2 (TM 45)

Best time in the category: 1:03:38

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	9:25	18:49	5	0:45	35	2:28	0.50	9:25	18:49	31	0:45	263	2:28
Wechsel S -> R	-	1:46	-	3	0:07	21	0:30	0.50	11:11	22:22	31	0:21	263	2:45
Schwimmen Total	0.50	11:11	22:22	31	0:21	263	2:45	0.50	11:11	22:22	31	0:21	263	2:45
Rad netto	20.00	34:23	1:43	8	2:28	48	9:59	20.50	45:34	2:13	3	1:09	263	7:18
Wechsel R -> L	-	1:08	-	17	0:29	136	0:41	20.50	46:42	2:16	5	1:15	263	7:34
Rad Total	20.00	35:31	1:46	10	2:34	54	10:22	20.50	46:42	2:16	5	1:15	263	7:34
Lauf Ziel	5.00	23:30	4:42	10	5:19	104	23:30	25.50	1:10:12	2:45	7	6:34	50	11:40