



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Timo Rudolph

Total time: 1:12:28

Number: 320

Course: 25.50 km

Rank in course/Total: 78 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 72 (of 262)

Best time in course: 58:32

Category:

Rank in category: 9(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	9:15	18:30	3	0:35	30	2:18	0.50	9:15	18:30	31	0:35	263	2:18
Wechsel S -> R	-	5:00	-	29	3:21	259	3:44	0.50	14:15	28:30	31	3:25	263	5:49
Schwimmen Total	0.50	14:15	28:30	31	3:25	263	5:49	0.50	14:15	28:30	31	3:25	263	5:49
Rad netto	20.00	35:37	1:46	16	3:42	78	11:13	20.50	49:52	2:25	15	5:27	263	11:36
Wechsel R -> L	-	0:46	-	4	0:07	51	0:19	20.50	50:38	2:28	15	5:11	263	11:30
Rad Total	20.00	36:23	1:49	15	3:26	74	11:14	20.50	50:38	2:28	15	5:11	263	11:30
Lauf Ziel	5.00	21:50	4:21	7	3:39	64	21:50	25.50	1:12:28	2:50	9	8:50	72	13:56