



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

**Markus Dambier**

**Total time: 1:13:19**

Club: Betriebssport Ausdauer Dentsply Sirona  
Number: 365

Course: 25.50 km  
Lorsch Triathlon 0,5-20,5,0

Rank in course/Total: 86 (of 343)

Rank in course/Men: 80 (of 262)

Best time in course: 58:32

Category:  
Senioren 2 (TM 45)

Rank in category: 11(of 30)

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	12:43	25:26	23	4:03	190	5:46	0.50	12:43	25:26	31	4:03	191	5:46
Wechsel S -> R	-	2:22	-	10	0:43	75	1:06	0.50	15:05	30:10	31	4:15	166	6:39
Schwimmen Total	0.50	15:05	30:10	31	4:15	166	6:39	0.50	15:05	30:10	31	4:15	166	6:39
Rad netto	20.00	34:05	1:42	5	2:10	38	9:41	20.50	49:10	2:23	31	4:45	77	10:54
Wechsel R -> L	-	1:23	-	22	0:44	185	0:56	20.50	50:33	2:27	31	5:06	80	11:25
Rad Total	20.00	35:28	1:46	7	2:31	49	10:19	20.50	50:33	2:27	31	5:06	80	11:25
Lauf Ziel	5.00	22:46	4:33	9	4:35	89	22:46	25.50	1:13:19	2:52	11	9:41	80	14:47