



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Danny Stegmann

Total time: 1:13:29

Club: BBH

Number: 148

Course: 25.50 km

Rank in course/Total: 89 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 82 (of 262)

Best time in course: 58:32

Category:

Rank in category: 12(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	9:57	19:53	8	1:17	61	3:00	0.50	9:57	19:53	31	1:17	263	3:00
Wechsel S -> R	-	2:34	-	15	0:55	110	1:18	0.50	12:31	25:02	31	1:41	263	4:05
Schwimmen Total	0.50	12:31	25:02	31	1:41	263	4:05	0.50	12:31	25:02	31	1:41	263	4:05
Rad netto	20.00	35:20	1:46	14	3:25	71	10:56	20.50	47:51	2:20	31	3:26	263	9:35
Wechsel R -> L	-	0:59	-	8	0:20	103	0:32	20.50	48:50	2:22	31	3:23	263	9:42
Rad Total	20.00	36:19	1:48	14	3:22	73	11:10	20.50	48:50	2:22	31	3:23	263	9:42
Lauf Ziel	5.00	24:39	4:55	15	6:28	131	24:39	25.50	1:13:29	2:52	12	9:51	82	14:57