



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

**Uwe Sommerschuh**

Club: DJK SSG Bensheim

Number: 208

Course: 25.50 km

Lorsche Triathlon 0,5-20,5,0

Category:

Senioren 2 (TM 45)

**Total time: 1:15:15**

Rank in course/Total: 105 (of 343)

Rank in course/Men: 96 (of 262)

Best time in course: 58:32

Rank in category: 13(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.	Stage score		Total			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	10:55	21:49	15	2:15	107	3:58	0.50	10:55	21:49	31	2:15	263	3:58
Wechsel S -> R	-	2:08	-	7	0:29	54	0:52	0.50	13:03	26:06	31	2:13	263	4:37
Schwimmen Total	0.50	13:03	26:06	31	2:13	263	4:37	0.50	13:03	26:06	31	2:13	263	4:37
Rad netto	20.00	37:34	1:52	24	5:39	136	13:10	20.50	50:37	2:28	31	6:12	263	12:21
Wechsel R -> L	-	0:56	-	6	0:17	83	0:29	20.50	51:33	2:30	31	6:06	263	12:25
Rad Total	20.00	38:30	1:55	24	5:33	125	13:21	20.50	51:33	2:30	31	6:06	263	12:25
Lauf Ziel	5.00	23:42	4:44	12	5:31	113	23:42	25.50	1:15:15	2:57	13	11:37	96	16:43