



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Markus Goldhorn

Total time: 1:16:31

Club: SV Hellas Brühl

Number: 44

Course: 25.50 km

Rank in course/Total: 123 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 110 (of 262)

Best time in course: 58:32

Category:

Rank in category: 18(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.	Stage score		Total			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Schwimmen nett	0.50	8:40	17:19	1	-	14	1:43	0.50	8:40	17:19	1	-	263	1:43
Wechsel S -> R	-	3:25	-	23	1:46	204	2:09	0.50	12:05	24:10	5	1:15	263	3:39
Schwimmen Total	0.50	12:05	24:10	5	1:15	263	3:39	0.50	12:05	24:10	5	1:15	263	3:39
Rad netto	20.00	36:43	1:50	19	4:48	108	12:19	20.50	48:48	2:22	31	4:23	263	10:32
Wechsel R -> L	-	0:45	-	2	0:06	45	0:18	20.50	49:33	2:25	31	4:06	263	10:25
Rad Total	20.00	37:28	1:52	17	4:31	94	12:19	20.50	49:33	2:25	31	4:06	263	10:25
Lauf Ziel	5.00	26:58	5:23	25	8:47	176	26:58	25.50	1:16:31	3:00	18	12:53	110	17:59