



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

Christian Benetka Uher

Total time: 1:18:28

Number: 168

Course: 25.50 km

Rank in course/Total: 150 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 132 (of 262)

Best time in course: 58:32

Category:

Rank in category: 21(of 30)

Senioren 2 (TM 45)

Best time in the category: 1:03:38

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	11:48	23:36	20	3:08	148	4:51	0.50	11:48	23:36	31	3:08	263	4:51	
Wechsel S -> R	-	3:31	-	24	1:52	211	2:15	0.50	15:19	30:37	31	4:29	263	6:53	
Schwimmen Total	0.50	15:19	30:37	31	4:29	263	6:53	0.50	15:19	30:37	31	4:29	263	6:53	
Rad netto	20.00	36:43	1:50	19	4:48	108	12:19	20.50	52:02	2:32	31	7:37	263	13:46	
Wechsel R -> L	-	1:16	-	20	0:37	165	0:49	20.50	53:18	2:35	31	7:51	263	14:10	
Rad Total	20.00	37:59	1:53	19	5:02	105	12:50	20.50	53:18	2:35	31	7:51	263	14:10	
Lauf Ziel	5.00	25:10	5:01	19	6:59	146	25:10	25.50	1:18:28	3:04	21	14:50	132	19:56	