



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

José María Prieto Pablos

Total time: 1:24:20

Number: 225

Course: 25.50 km

Rank in course/Total: 213 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 178 (of 262)

Best time in course: 58:32

Category:

Rank in category: 23(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	10:31	21:02	12	1:51	83	3:34	0.50	10:31	21:02	31	1:51	263	3:34
Wechsel S -> R	-	3:53	-	26	2:14	232	2:37	0.50	14:24	28:48	31	3:34	263	5:58
Schwimmen Total	0.50	14:24	28:48	31	3:34	263	5:58	0.50	14:24	28:48	31	3:34	263	5:58
Rad netto	20.00	42:51	2:08	26	10:56	219	18:27	20.50	57:15	2:47	31	12:50	263	18:59
Wechsel R -> L	-	1:07	-	14	0:28	133	0:40	20.50	58:22	2:50	31	12:55	263	19:14
Rad Total	20.00	43:58	2:11	27	11:01	220	18:49	20.50	58:22	2:50	31	12:55	263	19:14
Lauf Ziel	5.00	25:58	5:11	22	7:47	164	25:58	25.50	1:24:20	3:18	23	20:42	178	25:48