



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Manfred Hertel

Total time: 1:24:40

Club: Team Body-Attack

Number: 261

Course: 25.50 km

Rank in course/Total: 218 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 181 (of 262)

Best time in course: 58:32

Category:

Rank in category: 24(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	10:53	21:45	14	2:13	105	3:56	0.50	10:53	21:45	31	2:13	263	3:56
Wechsel S -> R	-	2:40	-	17	1:01	125	1:24	0.50	13:33	27:06	31	2:43	263	5:07
Schwimmen Total	0.50	13:33	27:06	31	2:43	263	5:07	0.50	13:33	27:06	31	2:43	263	5:07
Rad netto	20.00	36:43	1:50	19	4:48	108	12:19	20.50	50:16	2:27	31	5:51	263	12:00
Wechsel R -> L	-	1:30	-	23	0:51	205	1:03	20.50	51:46	2:31	31	6:19	263	12:38
Rad Total	20.00	38:13	1:54	21	5:16	112	13:04	20.50	51:46	2:31	31	6:19	263	12:38
Lauf Ziel	5.00	32:54	6:34	30	14:43	245	32:54	25.50	1:24:40	3:19	24	21:02	181	26:08