



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Michael Breideband

Total time: 1:02:36

Number: 5

Course: 25.50 km

Rank in course/Total: 7 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 7 (of 262)

Best time in course: 58:32

Category:

Rank in category: 2(of 32)

Senioren 3 (TM 50)

Best time in the category: 1:02:16

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	8:54	17:48	4	0:14	19	1:57	0.50	8:54	17:48	33	0:14	263	1:57
Wechsel S -> R	-	1:22	-	1	-	2	0:06	0.50	10:16	20:32	1	-	263	1:50
Schwimmen Total	0.50	10:16	20:32	1	-	263	1:50	0.50	10:16	20:32	1	-	263	1:50
Rad netto	20.00	30:52	1:32	1	-	5	6:28	20.50	41:08	2:00	1	-	263	2:52
Wechsel R -> L	-	0:39	-	4	0:08	22	0:12	20.50	41:47	2:02	1	-	263	2:39
Rad Total	20.00	31:31	1:34	1	-	4	6:22	20.50	41:47	2:02	1	-	263	2:39
Lauf Ziel	5.00	20:49	4:09	5	1:13	44	20:49	25.50	1:02:36	2:27	2	0:20	7	4:04