



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Kai Heppert

Total time: 1:06:16

Number: 300

Course: 25.50 km

Rank in course/Total: 23 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 21 (of 262)

Best time in course: 58:32

Category:

Rank in category: 4(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	9:32	19:03	7	0:52	40	2:35	0.50	9:32	19:03	33	0:52	263	2:35	
Wechsel S -> R	-	2:15	-	6	0:53	62	0:59	0.50	11:47	23:33	33	1:31	263	3:21	
Schwimmen Total	0.50	11:47	23:33	33	1:31	263	3:21	0.50	11:47	23:33	33	1:31	263	3:21	
Rad netto	20.00	32:43	1:38	4	1:51	11	8:19	20.50	44:30	2:10	33	3:22	263	6:14	
Wechsel R -> L	-	1:00	-	12	0:29	107	0:33	20.50	45:30	2:13	33	3:43	263	6:22	
Rad Total	20.00	33:43	1:41	4	2:12	13	8:34	20.50	45:30	2:13	33	3:43	263	6:22	
Lauf Ziel	5.00	20:46	4:09	4	1:10	43	20:46	25.50	1:06:16	2:35	4	4:00	21	7:44	