



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Stephan Ramge

Total time: 1:16:24

Number: 190

Course: 25.50 km

Rank in course/Total: 121 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 109 (of 262)

Best time in course: 58:32

Category:

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	11:59	23:57	15	3:19	155	5:02	0.50	11:59	23:57	33	3:19	263	5:02
Wechsel S -> R	-	2:41	-	18	1:19	129	1:25	0.50	14:40	29:19	33	4:24	263	6:14
Schwimmen Total	0.50	14:40	29:19	33	4:24	263	6:14	0.50	14:40	29:19	33	4:24	263	6:14
Rad netto	20.00	34:41	1:44	6	3:49	59	10:17	20.50	49:21	2:24	33	8:13	263	11:05
Wechsel R -> L	-	1:20	-	20	0:49	178	0:53	20.50	50:41	2:28	33	8:54	263	11:33
Rad Total	20.00	36:01	1:48	6	4:30	65	10:52	20.50	50:41	2:28	33	8:54	263	11:33
Lauf Ziel	5.00	25:43	5:08	17	6:07	158	25:43	25.50	1:16:24	2:59	7	14:08	109	17:52