



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

**Sascha Lähn**

**Total time: 1:17:59**

Club: TSG Maxdorf

Number: 132

Course: 25.50 km

Rank in course/Total: 142 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 124 (of 262)

Best time in course: 58:32

Category:

Rank in category: 10(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	8:49	17:37	3	0:09	17	1:52	0.50	8:49	17:37	3	0:09	263	1:52	
Wechsel S -> R	-	2:22	-	9	1:00	75	1:06	0.50	11:11	22:22	33	0:55	263	2:45	
Schwimmen Total	0.50	11:11	22:22	33	0:55	263	2:45	0.50	11:11	22:22	33	0:55	263	2:45	
Rad netto	20.00	37:05	1:51	10	6:13	121	12:41	20.50	48:16	2:21	33	7:08	263	10:00	
Wechsel R -> L	-	1:31	-	25	1:00	208	1:04	20.50	49:47	2:25	33	8:00	263	10:39	
Rad Total	20.00	38:36	1:55	13	7:05	128	13:27	20.50	49:47	2:25	33	8:00	263	10:39	
Lauf Ziel	5.00	28:12	5:38	22	8:36	198	28:12	25.50	1:17:59	3:03	10	15:43	124	19:27	