



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Frank Thösen

Total time: 1:18:35

Number: 129

Course: 25.50 km

Rank in course/Total: 152 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 133 (of 262)

Best time in course: 58:32

Category:

Rank in category: 12(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 | | | Pos Behind | | Pos Behind | |
|-----------------|----------|------------|--------------|----------|-------------|-------------|------------|-------|---------|--------|------------|-------------|------------|------------|
| | | | | | | Pos Men | Behind Men | km | Time | min/km | Cat. | Behind Cat. | Pos Men | Behind Men |
| Schwimmen nett | 0.50 | 12:55 | 25:49 | 23 | 4:15 | 202 | 5:58 | 0.50 | 12:55 | 25:49 | 23 | 4:15 | 263 | 5:58 |
| Wechsel S -> R | - | 2:21 | - | 8 | 0:59 | 73 | 1:05 | 0.50 | 15:16 | 30:32 | 33 | 5:00 | 263 | 6:50 |
| Schwimmen Total | 0.50 | 15:16 | 30:32 | 33 | 5:00 | 263 | 6:50 | 0.50 | 15:16 | 30:32 | 33 | 5:00 | 263 | 6:50 |
| Rad netto | 20.00 | 36:49 | 1:50 | 8 | 5:57 | 113 | 12:25 | 20.50 | 52:05 | 2:32 | 33 | 10:57 | 263 | 13:49 |
| Wechsel R -> L | - | 1:24 | - | 22 | 0:53 | 189 | 0:57 | 20.50 | 53:29 | 2:36 | 33 | 11:42 | 263 | 14:21 |
| Rad Total | 20.00 | 38:13 | 1:54 | 9 | 6:42 | 113 | 13:04 | 20.50 | 53:29 | 2:36 | 33 | 11:42 | 263 | 14:21 |
| Lauf Ziel | 5.00 | 25:06 | 5:01 | 13 | 5:30 | 142 | 25:06 | 25.50 | 1:18:35 | 3:04 | 12 | 16:19 | 133 | 20:03 |