



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Stefan Schrader

Total time: 1:21:14

Number: 305

Course: 25.50 km

Rank in course/Total: 178 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 156 (of 262)

Best time in course: 58:32

Category:

Rank in category: 18(of 32)

Senioren 3 (TM 50)

Best time in the category: 1:02:16

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Schwimmen nett	0.50	9:30	19:00	6	0:50	39	2:33	0.50	9:30	19:00	33	0:50	263	2:33
Wechsel S -> R	-	2:26	-	10	1:04	83	1:10	0.50	11:56	23:52	33	1:40	263	3:30
Schwimmen Total	0.50	11:56	23:52	33	1:40	263	3:30	0.50	11:56	23:52	33	1:40	263	3:30
Rad netto	20.00	43:00	2:08	27	12:08	222	18:36	20.50	54:56	2:40	33	13:48	263	16:40
Wechsel R -> L	-	0:43	-	6	0:12	35	0:16	20.50	55:39	2:42	33	13:52	263	16:31
Rad Total	20.00	43:43	2:11	27	12:12	215	18:34	20.50	55:39	2:42	33	13:52	263	16:31
Lauf Ziel	5.00	25:35	5:06	16	5:59	155	25:35	25.50	1:21:14	3:11	18	18:58	156	22:42