



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Udo Speicher

Total time: 1:23:14

Club: SG Heddesheim

Number: 114

Course: 25.50 km

Rank in course/Total: 194 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 166 (of 262)

Best time in course: 58:32

Category:

Rank in category: 19(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			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Schwimmen nett	0.50	8:40	17:19	1	-	14	1:43	0.50	8:40	17:19	1	-	263	1:43
Wechsel S -> R	-	2:27	-	12	1:05	88	1:11	0.50	11:07	22:14	33	0:51	263	2:41
Schwimmen Total	0.50	11:07	22:14	33	0:51	263	2:41	0.50	11:07	22:14	33	0:51	263	2:41
Rad netto	20.00	40:25	2:01	23	9:33	189	16:01	20.50	51:32	2:30	33	10:24	263	13:16
Wechsel R -> L	-	1:05	-	16	0:34	127	0:38	20.50	52:37	2:34	33	10:50	263	13:29
Rad Total	20.00	41:30	2:04	23	9:59	184	16:21	20.50	52:37	2:34	33	10:50	263	13:29
Lauf Ziel	5.00	30:37	6:07	28	11:01	226	30:37	25.50	1:23:14	3:15	19	20:58	166	24:42