



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

**Micha Plenefisch**

**Total time: 1:23:23**

Club: SVGG Hirschlanden-Schöckingen

Number: 242

Course: 25.50 km

Rank in course/Total: 197 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 169 (of 262)

Best time in course: 58:32

Category:

Rank in category: 20(of 32)

Senioren 3 (TM 50)

Best time in the category: 1:02:16

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	12:01	24:02	16	3:21	157	5:04	0.50	12:01	24:02	33	3:21	263	5:04
Wechsel S -> R	-	2:57	-	21	1:35	160	1:41	0.50	14:58	29:56	33	4:42	263	6:32
Schwimmen Total	0.50	14:58	29:56	33	4:42	263	6:32	0.50	14:58	29:56	33	4:42	263	6:32
Rad netto	20.00	38:05	1:54	15	7:13	148	13:41	20.50	53:03	2:35	33	11:55	263	14:47
Wechsel R -> L	-	1:43	-	28	1:12	226	1:16	20.50	54:46	2:40	33	12:59	263	15:38
Rad Total	20.00	39:48	1:59	16	8:17	159	14:39	20.50	54:46	2:40	33	12:59	263	15:38
Lauf Ziel	5.00	28:37	5:43	24	9:01	202	28:37	25.50	1:23:23	3:16	20	21:07	169	24:51