



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

Martin Elsholz

Total time: 1:25:29

Number: 342

Course: 25.50 km

Rank in course/Total: 228 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 187 (of 262)

Best time in course: 58:32

Category:

Rank in category: 22(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	13:07	26:14	26	4:27	210	6:10	0.50	13:07	26:14	33	4:27	210	6:10
Wechsel S -> R	-	2:32	-	14	1:10	100	1:16	0.50	15:39	31:18	33	5:23	193	7:13
Schwimmen Total	0.50	15:39	31:18	33	5:23	193	7:13	0.50	15:39	31:18	33	5:23	193	7:13
Rad netto	20.00	37:25	1:52	13	6:33	132	13:01	20.50	53:04	2:35	33	11:56	147	14:48
Wechsel R -> L	-	2:11	-	32	1:40	252	1:44	20.50	55:15	2:41	33	13:28	164	16:07
Rad Total	20.00	39:36	1:58	15	8:05	154	14:27	20.50	55:15	2:41	33	13:28	164	16:07
Lauf Ziel	5.00	30:14	6:02	27	10:38	222	30:14	25.50	1:25:29	3:21	22	23:13	187	26:57