



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

Markus Lasar

Total time: 1:27:11

Number: 263

Course: 25.50 km

Rank in course/Total: 252 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 206 (of 262)

Best time in course: 58:32

Category:

Rank in category: 25(of 32)

Senioren 3 (TM 50)

Best time in the category: 1:02:16

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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	-	4:42	-	32	3:20	256	3:26	0.50	17:49	35:37	33	7:33	234	9:23
Schwimmen Total	0.50	17:49	35:37	33	7:33	234	9:23	0.50	17:49	35:37	33	7:33	234	9:23
Rad netto	20.00	38:11	1:54	17	7:19	152	13:47	20.50	56:00	2:43	33	14:52	263	17:44
Wechsel R -> L	-	1:46	-	29	1:15	228	1:19	20.50	57:46	2:49	33	15:59	263	18:38
Rad Total	20.00	39:57	1:59	18	8:26	163	14:48	20.50	57:46	2:49	33	15:59	263	18:38
Lauf Ziel	5.00	29:25	5:53	25	9:49	212	29:25	25.50	1:27:11	3:25	25	24:55	206	28:39