



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Volker Samstag

Total time: 1:36:22

Number: 231

Course: 25.50 km

Lorsche Triathlon 0,5-20,5,0

Rank in course/Total: 317 (of 343)

Rank in course/Men: 244 (of 262)

Best time in course: 58:32

Category:

Senioren 3 (TM 50)

Rank in category: 30(of 32)

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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	13:04	26:07	25	4:24	208	6:07	0.50	13:04	26:07	33	4:24	263	6:07
Wechsel S -> R	-	2:31	-	13	1:09	97	1:15	0.50	15:35	31:10	33	5:19	263	7:09
Schwimmen Total	0.50	15:35	31:10	33	5:19	263	7:09	0.50	15:35	31:10	33	5:19	263	7:09
Rad netto	20.00	43:27	2:10	28	12:35	227	19:03	20.50	59:02	2:52	33	17:54	263	20:46
Wechsel R -> L	-	0:57	-	10	0:26	91	0:30	20.50	59:59	2:55	33	18:12	263	20:51
Rad Total	20.00	44:24	2:13	28	12:53	223	19:15	20.50	59:59	2:55	33	18:12	263	20:51
Lauf Ziel	5.00	36:23	7:16	31	16:47	252	36:23	25.50	1:36:22	3:46	30	34:06	244	37:50