



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Ralf Fabian

Total time: 1:07:05

Club: SSG Bensheim

Number: 118

Course: 25.50 km

Rank in course/Total: 28 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 26 (of 262)

Best time in course: 58:32

Category:

Rank in category: 1(of 31)

Senioren 4 (TM 55)

Best time in the category: 1:07:05

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	9:45	19:30	4	0:44	49	2:48	0.50	9:45	19:30	32	0:44	263	2:48
Wechsel S -> R	-	1:41	-	1	-	14	0:25	0.50	11:26	22:52	32	0:24	263	3:00
Schwimmen Total	0.50	11:26	22:52	32	0:24	263	3:00	0.50	11:26	22:52	32	0:24	263	3:00
Rad netto	20.00	33:43	1:41	3	0:41	27	9:19	20.50	45:09	2:12	1	-	263	6:53
Wechsel R -> L	-	0:54	-	3	0:16	73	0:27	20.50	46:03	2:14	1	-	263	6:55
Rad Total	20.00	34:37	1:43	3	0:39	29	9:28	20.50	46:03	2:14	1	-	263	6:55
Lauf Ziel	5.00	21:02	4:12	3	21:02	50	21:02	25.50	1:07:05	2:37	1	-	26	8:33