



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Heiko Beck

Total time: 1:08:10

Club: Club TdC

Number: 53

Course: 25.50 km

Rank in course/Total: 37 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 34 (of 262)

Best time in course: 58:32

Category:

Rank in category: 2(of 31)

Senioren 4 (TM 55)

Best time in the category: 1:07:05

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	10:09	20:18	7	1:08	70	3:12	0.50	10:09	20:18	32	1:08	263	3:12	
Wechsel S -> R	-	2:27	-	12	0:46	88	1:11	0.50	12:36	25:11	32	1:34	263	4:10	
Schwimmen Total	0.50	12:36	25:11	32	1:34	263	4:10	0.50	12:36	25:11	32	1:34	263	4:10	
Rad netto	20.00	33:11	1:39	2	0:09	21	8:47	20.50	45:47	2:14	32	0:38	263	7:31	
Wechsel R -> L	-	1:06	-	10	0:28	129	0:39	20.50	46:53	2:17	32	0:50	263	7:45	
Rad Total	20.00	34:17	1:42	2	0:19	21	9:08	20.50	46:53	2:17	32	0:50	263	7:45	
Lauf Ziel	5.00	21:17	4:15	4	21:17	56	21:17	25.50	1:08:10	2:40	2	1:05	34	9:38	