



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Ulrich Kochendörfer

Total time: 1:10:14

Number: 358

Course: 25.50 km

Rank in course/Total: 55 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 51 (of 262)

Best time in course: 58:32

Category:

Rank in category: 5(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	9:51	19:41	5	0:50	55	2:54	0.50	9:51	19:41	32	0:50	56	2:54
Wechsel S -> R	-	2:41	-	15	1:00	129	1:25	0.50	12:32	25:03	32	1:30	66	4:06
Schwimmen Total	0.50	12:32	25:03	32	1:30	66	4:06	0.50	12:32	25:03	32	1:30	66	4:06
Rad netto	20.00	33:43	1:41	3	0:41	27	9:19	20.50	46:15	2:15	32	1:06	44	7:59
Wechsel R -> L	-	0:57	-	6	0:19	91	0:30	20.50	47:12	2:18	32	1:09	43	8:04
Rad Total	20.00	34:40	1:43	4	0:42	31	9:31	20.50	47:12	2:18	32	1:09	43	8:04
Lauf Ziel	5.00	23:02	4:36	8	23:02	96	23:02	25.50	1:10:14	2:45	5	3:09	51	11:42