



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Uwe Steingens

Total time: 1:11:10

Club: Triathlon Team DSW Darmstadt

Number: 167

Course: 25.50 km

Rank in course/Total: 62 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 58 (of 262)

Best time in course: 58:32

Category:

Rank in category: 6(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	9:01	18:02	1	-	20	2:04	0.50	9:01	18:02	1	-	263	2:04
Wechsel S -> R	-	2:17	-	9	0:36	68	1:01	0.50	11:18	22:36	32	0:16	263	2:52
Schwimmen Total	0.50	11:18	22:36	32	0:16	263	2:52	0.50	11:18	22:36	32	0:16	263	2:52
Rad netto	20.00	35:25	1:46	6	2:23	73	11:01	20.50	46:43	2:16	32	1:34	263	8:27
Wechsel R -> L	-	1:27	-	15	0:49	197	1:00	20.50	48:10	2:20	32	2:07	263	9:02
Rad Total	20.00	36:52	1:50	6	2:54	80	11:43	20.50	48:10	2:20	32	2:07	263	9:02
Lauf Ziel	5.00	23:00	4:35	7	23:00	94	23:00	25.50	1:11:10	2:47	6	4:05	58	12:38