



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Hans-Jürgen Erhard

Total time: 1:18:27

Number: 126

Course: 25.50 km

Rank in course/Total: 149 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 131 (of 262)

Best time in course: 58:32

Category:

Rank in category: 10(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	12:31	25:02	17	3:30	182	5:34	0.50	12:31	25:02	32	3:30	263	5:34
Wechsel S -> R	-	2:25	-	11	0:44	81	1:09	0.50	14:56	29:52	32	3:54	263	6:30
Schwimmen Total	0.50	14:56	29:52	32	3:54	263	6:30	0.50	14:56	29:52	32	3:54	263	6:30
Rad netto	20.00	38:55	1:56	18	5:53	166	14:31	20.50	53:51	2:37	16	8:42	263	15:35
Wechsel R -> L	-	1:05	-	9	0:27	127	0:38	20.50	54:56	2:40	16	8:53	263	15:48
Rad Total	20.00	40:00	2:00	18	6:02	165	14:51	20.50	54:56	2:40	16	8:53	263	15:48
Lauf Ziel	5.00	23:31	4:42	9	23:31	106	23:31	25.50	1:18:27	3:04	10	11:22	131	19:55