



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Alf Vittinghoff

Total time: 1:18:59

Club: DJK SSG Bensheim

Number: 330

Course: 25.50 km

Rank in course/Total: 159 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 139 (of 262)

Best time in course: 58:32

Category:

Rank in category: 12(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	9:54	19:48	6	0:53	57	2:57	0.50	9:54	19:48	32	0:53	59	2:57	
Wechsel S -> R	-	2:51	-	18	1:10	150	1:35	0.50	12:45	25:30	32	1:43	70	4:19	
Schwimmen Total	0.50	12:45	25:30	32	1:43	70	4:19	0.50	12:45	25:30	32	1:43	70	4:19	
Rad netto	20.00	39:41	1:59	21	6:39	180	15:17	20.50	52:26	2:33	32	7:17	138	14:10	
Wechsel R -> L	-	1:48	-	24	1:10	232	1:21	20.50	54:14	2:38	32	8:11	145	15:06	
Rad Total	20.00	41:29	2:04	21	7:31	183	16:20	20.50	54:14	2:38	32	8:11	145	15:06	
Lauf Ziel	5.00	24:45	4:57	13	24:45	133	24:45	25.50	1:18:59	3:05	12	11:54	139	20:27	