



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Ralf Becker

Club: Team Attila

Number: 307

Course: 25.50 km

Lorsch Triathlon 0,5-20,5,0

Category:

Senioren 4 (TM 55)

Total time: 1:20:35

Rank in course/Total: 170 (of 343)

Rank in course/Men: 149 (of 262)

Best time in course: 58:32

Rank in category: 14(of 31)

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	16:12	32:23	30	7:11	254	9:15	0.50	16:12	32:23	32	7:11	263	9:15
Wechsel S -> R	-	2:00	-	5	0:19	39	0:44	0.50	18:12	36:23	27	7:10	263	9:46
Schwimmen Total	0.50	18:12	36:23	27	7:10	263	9:46	0.50	18:12	36:23	27	7:10	263	9:46
Rad netto	20.00	37:16	1:51	15	4:14	130	12:52	20.50	55:28	2:42	32	10:19	263	17:12
Wechsel R -> L	-	1:31	-	18	0:53	208	1:04	20.50	56:59	2:46	32	10:56	263	17:51
Rad Total	20.00	38:47	1:56	14	4:49	134	13:38	20.50	56:59	2:46	32	10:56	263	17:51
Lauf Ziel	5.00	23:36	4:43	10	23:36	108	23:36	25.50	1:20:35	3:09	14	13:30	149	22:03