



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Stefan Basin

Total time: 1:21:15

Club: Wa-No Worms

Number: 246

Course: 25.50 km

Rank in course/Total: 179 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 157 (of 262)

Best time in course: 58:32

Category:

Rank in category: 16(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	14:05	28:10	24	5:04	232	7:08	0.50	14:05	28:10	32	5:04	263	7:08
Wechsel S -> R	-	2:22	-	10	0:41	75	1:06	0.50	16:27	32:53	32	5:25	214	8:01
Schwimmen Total	0.50	16:27	32:53	32	5:25	214	8:01	0.50	16:27	32:53	32	5:25	214	8:01
Rad netto	20.00	37:50	1:53	17	4:48	144	13:26	20.50	54:17	2:38	32	9:08	263	16:01
Wechsel R -> L	-	1:48	-	24	1:10	232	1:21	20.50	56:05	2:44	32	10:02	263	16:57
Rad Total	20.00	39:38	1:58	17	5:40	155	14:29	20.50	56:05	2:44	32	10:02	263	16:57
Lauf Ziel	5.00	25:10	5:01	15	25:10	146	25:10	25.50	1:21:15	3:11	16	14:10	157	22:43