



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Bernd Lützkendorf

Total time: 1:21:16

Club: TSV Auerbach

Number: 172

Course: 25.50 km

Rank in course/Total: 180 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 158 (of 262)

Best time in course: 58:32

Category:

Rank in category: 17(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	11:02	22:03	10	2:01	118	4:05	0.50	11:02	22:03	10	2:01	263	4:05
Wechsel S -> R	-	3:17	-	24	1:36	190	2:01	0.50	14:19	28:37	32	3:17	263	5:53
Schwimmen Total	0.50	14:19	28:37	32	3:17	263	5:53	0.50	14:19	28:37	32	3:17	263	5:53
Rad netto	20.00	37:12	1:51	13	4:10	126	12:48	20.50	51:31	2:30	32	6:22	263	13:15
Wechsel R -> L	-	1:38	-	21	1:00	221	1:11	20.50	53:09	2:35	32	7:06	263	14:01
Rad Total	20.00	38:50	1:56	15	4:52	137	13:41	20.50	53:09	2:35	32	7:06	263	14:01
Lauf Ziel	5.00	28:07	5:37	20	28:07	196	28:07	25.50	1:21:16	3:11	17	14:11	158	22:44