



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Thomas Gruß

Total time: 1:23:41

Number: 240

Course: 25.50 km

Rank in course/Total: 204 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 173 (of 262)

Best time in course: 58:32

Category:

Rank in category: 18(of 31)

Senioren 4 (TM 55)

Best time in the category: 1:07:05

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen nett	0.50	12:01	24:02	15	3:00	157	5:04	0.50	12:01	24:02	32	3:00	263	5:04
Wechsel S -> R	-	2:58	-	19	1:17	162	1:42	0.50	14:59	29:57	32	3:57	263	6:33
Schwimmen Total	0.50	14:59	29:57	32	3:57	263	6:33	0.50	14:59	29:57	32	3:57	263	6:33
Rad netto	20.00	35:59	1:47	8	2:57	84	11:35	20.50	50:58	2:29	32	5:49	263	12:42
Wechsel R -> L	-	1:30	-	17	0:52	205	1:03	20.50	52:28	2:33	32	6:25	263	13:20
Rad Total	20.00	37:29	1:52	10	3:31	95	12:20	20.50	52:28	2:33	32	6:25	263	13:20
Lauf Ziel	5.00	31:13	6:14	26	31:13	231	31:13	25.50	1:23:41	3:16	18	16:36	173	25:09