



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Alexander Dietrich

Total time: 1:24:20

Club: DLRG Lorsch

Number: 7

Course: 25.50 km

Rank in course/Total: 214 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 178 (of 262)

Best time in course: 58:32

Category:

Rank in category: 19(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	9:15	18:30	2	0:14	30	2:18	0.50	9:15	18:30	32	0:14	263	2:18	
Wechsel S -> R	-	3:08	-	22	1:27	176	1:52	0.50	12:23	24:45	32	1:21	263	3:57	
Schwimmen Total	0.50	12:23	24:45	32	1:21	263	3:57	0.50	12:23	24:45	32	1:21	263	3:57	
Rad netto	20.00	40:20	2:00	23	7:18	186	15:56	20.50	52:43	2:34	32	7:34	263	14:27	
Wechsel R -> L	-	1:23	-	13	0:45	185	0:56	20.50	54:06	2:38	32	8:03	263	14:58	
Rad Total	20.00	41:43	2:05	22	7:45	187	16:34	20.50	54:06	2:38	32	8:03	263	14:58	
Lauf Ziel	5.00	30:14	6:02	25	30:14	222	30:14	25.50	1:24:20	3:18	19	17:15	178	25:48	