



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Ludger Essing

Total time: 1:24:55

Number: 137

Course: 25.50 km

Rank in course/Total: 222 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 183 (of 262)

Best time in course: 58:32

Category:

Rank in category: 20(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	15:40	31:19	29	6:39	252	8:43	0.50	15:40	31:19	32	6:39	263	8:43
Wechsel S -> R	-	2:32	-	14	0:51	100	1:16	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	36:41	1:50	12	3:39	106	12:17	20.50	54:53	2:40	21	9:44	263	16:37
Wechsel R -> L	-	1:26	-	14	0:48	194	0:59	20.50	56:19	2:44	21	10:16	263	17:11
Rad Total	20.00	38:07	1:54	11	4:09	111	12:58	20.50	56:19	2:44	21	10:16	263	17:11
Lauf Ziel	5.00	28:36	5:43	21	28:36	201	28:36	25.50	1:24:55	3:19	20	17:50	183	26:23