



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Uwe Träutlein

Total time: 1:25:13

Club: Monnem

Number: 11

Course: 25.50 km

Rank in course/Total: 225 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 185 (of 262)

Best time in course: 58:32

Category:

Rank in category: 21(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	13:34	27:07	23	4:33	223	6:37	0.50	13:34	27:07	32	4:33	263	6:37
Wechsel S -> R	-	3:26	-	26	1:45	206	2:10	0.50	17:00	34:00	32	5:58	263	8:34
Schwimmen Total	0.50	17:00	34:00	32	5:58	263	8:34	0.50	17:00	34:00	32	5:58	263	8:34
Rad netto	20.00	42:26	2:07	27	9:24	216	18:02	20.50	59:26	2:53	32	14:17	263	21:10
Wechsel R -> L	-	0:58	-	7	0:20	101	0:31	20.50	1:00:24	2:56	32	14:21	263	21:16
Rad Total	20.00	43:24	2:10	27	9:26	213	18:15	20.50	1:00:24	2:56	32	14:21	263	21:16
Lauf Ziel	5.00	24:49	4:57	14	24:49	135	24:49	25.50	1:25:13	3:20	21	18:08	185	26:41