



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Andreas Nordt

Total time: 1:27:13

Number: 115

Course: 25.50 km

Rank in course/Total: 253 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 207 (of 262)

Best time in course: 58:32

Category:

Rank in category: 23(of 31)

Senioren 4 (TM 55)

Best time in the category: 1:07:05

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	13:33	27:06	22	4:32	222	6:36	0.50	13:33	27:06	32	4:32	263	6:36
Wechsel S -> R	-	3:03	-	20	1:22	168	1:47	0.50	16:36	33:12	32	5:34	263	8:10
Schwimmen Total	0.50	16:36	33:12	32	5:34	263	8:10	0.50	16:36	33:12	32	5:34	263	8:10
Rad netto	20.00	37:25	1:52	16	4:23	132	13:01	20.50	54:01	2:38	17	8:52	263	15:45
Wechsel R -> L	-	1:31	-	18	0:53	208	1:04	20.50	55:32	2:42	17	9:29	263	16:24
Rad Total	20.00	38:56	1:56	16	4:58	142	13:47	20.50	55:32	2:42	17	9:29	263	16:24
Lauf Ziel	5.00	31:41	6:20	27	31:41	236	31:41	25.50	1:27:13	3:25	23	20:08	207	28:41