



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Michael Henter

Total time: 1:28:41

Club: LCI Speyer

Number: 110

Course: 25.50 km

Rank in course/Total: 267 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 216 (of 262)

Best time in course: 58:32

Category:

Rank in category: 25(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen nett	0.50	14:08	28:15	25	5:07	234	7:11	0.50	14:08	28:15	32	5:07	263	7:11
Wechsel S -> R	-	3:15	-	23	1:34	187	1:59	0.50	17:23	34:45	32	6:21	263	8:57
Schwimmen Total	0.50	17:23	34:45	32	6:21	263	8:57	0.50	17:23	34:45	32	6:21	263	8:57
Rad netto	20.00	41:16	2:03	26	8:14	200	16:52	20.50	58:39	2:51	26	13:30	263	20:23
Wechsel R -> L	-	0:56	-	4	0:18	83	0:29	20.50	59:35	2:54	25	13:32	263	20:27
Rad Total	20.00	42:12	2:06	24	8:14	197	17:03	20.50	59:35	2:54	25	13:32	263	20:27
Lauf Ziel	5.00	29:06	5:49	22	29:06	206	29:06	25.50	1:28:41	3:28	25	21:36	216	30:09