



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Thomas Melzer

Total time: 1:38:44

Number: 236

Course: 25.50 km

Rank in course/Total: 324 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 250 (of 262)

Best time in course: 58:32

Category:

Rank in category: 28(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	17:38	35:15	31	8:37	258	10:41	0.50	17:38	35:15	32	8:37	263	10:41
Wechsel S -> R	-	3:20	-	25	1:39	195	2:04	0.50	20:58	41:55	32	9:56	263	12:32
Schwimmen Total	0.50	20:58	41:55	32	9:56	263	12:32	0.50	20:58	41:55	32	9:56	263	12:32
Rad netto	20.00	47:02	2:21	29	14:00	249	22:38	20.50	1:08:00	3:19	32	22:51	263	29:44
Wechsel R -> L	-	3:45	-	30	3:07	261	3:18	20.50	1:11:45	3:30	32	25:42	263	32:37
Rad Total	20.00	50:47	2:32	30	16:49	256	25:38	20.50	1:11:45	3:30	32	25:42	263	32:37
Lauf Ziel	5.00	26:59	5:23	16	26:59	177	26:59	25.50	1:38:44	3:52	28	31:39	250	40:12