



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Michael Roth

Total time: 1:09:12

Number: 4

Course: 25.50 km

Rank in course/Total: 47 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 44 (of 262)

Best time in course: 58:32

Category:

Rank in category: 1(of 20)

Senioren 5 (TM 60)

Best time in the category: 1:09:12

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	9:37	19:14	1	-	44	2:40	0.50	9:37	19:14	1	-	44	2:40
Wechsel S -> R	-	1:59	-	1	-	36	0:43	0.50	11:36	23:11	1	-	263	3:10
Schwimmen Total	0.50	11:36	23:11	1	-	263	3:10	0.50	11:36	23:11	1	-	263	3:10
Rad netto	20.00	35:14	1:45	2	0:25	70	10:50	20.50	46:50	2:17	1	-	263	8:34
Wechsel R -> L	-	1:13	-	7	0:33	157	0:46	20.50	48:03	2:20	1	-	263	8:55
Rad Total	20.00	36:27	1:49	2	0:32	76	11:18	20.50	48:03	2:20	1	-	263	8:55
Lauf Ziel	5.00	21:09	4:13	2	0:31	53	21:09	25.50	1:09:12	2:42	1	-	44	10:40