



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Werner Ahl

Total time: 1:11:45

Club: MTG Mannheim Triathlon

Number: 259

Course: 25.50 km

Rank in course/Total: 68 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 63 (of 262)

Best time in course: 58:32

Category:

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen nett	0.50	10:29	20:57	2	0:52	81	3:32	0.50	10:29	20:57	21	0:52	263	3:32	
Wechsel S -> R	-	2:13	-	3	0:14	59	0:57	0.50	12:42	25:23	21	1:06	263	4:16	
Schwimmen Total	0.50	12:42	25:23	21	1:06	263	4:16	0.50	12:42	25:23	21	1:06	263	4:16	
Rad netto	20.00	34:49	1:44	1	-	64	10:25	20.50	47:31	2:19	21	0:41	263	9:15	
Wechsel R -> L	-	1:06	-	5	0:26	129	0:39	20.50	48:37	2:22	21	0:34	263	9:29	
Rad Total	20.00	35:55	1:47	1	-	61	10:46	20.50	48:37	2:22	21	0:34	263	9:29	
Lauf Ziel	5.00	23:08	4:37	3	2:30	99	23:08	25.50	1:11:45	2:48	2	2:33	63	13:13	