



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Johan Willems

Total time: 1:11:59

Number: 216

Course: 25.50 km

Rank in course/Total: 69 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 65 (of 262)

Best time in course: 58:32

Category:

Rank in category: 3(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	10:58	21:56	4	1:21	110	4:01	0.50	10:58	21:56	21	1:21	110	4:01
Wechsel S -> R	-	1:59	-	1	-	36	0:43	0.50	12:57	25:53	21	1:21	263	4:31
Schwimmen Total	0.50	12:57	25:53	21	1:21	263	4:31	0.50	12:57	25:53	21	1:21	263	4:31
Rad netto	20.00	37:06	1:51	8	2:17	123	12:42	20.50	50:03	2:26	21	3:13	263	11:47
Wechsel R -> L	-	1:18	-	8	0:38	173	0:51	20.50	51:21	2:30	21	3:18	263	12:13
Rad Total	20.00	38:24	1:55	6	2:29	121	13:15	20.50	51:21	2:30	21	3:18	263	12:13
Lauf Ziel	5.00	20:38	4:07	1	-	40	20:38	25.50	1:11:59	2:49	3	2:47	65	13:27