



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Stephan Lixfeld

Total time: 1:15:48

Club: SSG Bensheim Triathlon

Number: 121

Course: 25.50 km

Rank in course/Total: 111 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 100 (of 262)

Best time in course: 58:32

Category:

Rank in category: 4(of 20)

Senioren 5 (TM 60)

Best time in the category: 1:09:12

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | | Stage score | | | Total ranking | | | | | |
|-----------------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | 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 | 11:43 | 23:26 | 8 | 2:06 | 145 | 4:46 | 0.50 | 11:43 | 23:26 | 21 | 2:06 | 263 | 4:46 |
| Wechsel S -> R | - | 2:29 | - | 4 | 0:30 | 92 | 1:13 | 0.50 | 14:12 | 28:23 | 21 | 2:36 | 263 | 5:46 |
| Schwimmen Total | 0.50 | 14:12 | 28:23 | 21 | 2:36 | 263 | 5:46 | 0.50 | 14:12 | 28:23 | 21 | 2:36 | 263 | 5:46 |
| Rad netto | 20.00 | 36:12 | 1:48 | 4 | 1:23 | 90 | 11:48 | 20.50 | 50:24 | 2:27 | 21 | 3:34 | 263 | 12:08 |
| Wechsel R -> L | - | 1:09 | - | 6 | 0:29 | 140 | 0:42 | 20.50 | 51:33 | 2:30 | 21 | 3:30 | 263 | 12:25 |
| Rad Total | 20.00 | 37:21 | 1:52 | 4 | 1:26 | 92 | 12:12 | 20.50 | 51:33 | 2:30 | 21 | 3:30 | 263 | 12:25 |
| Lauf Ziel | 5.00 | 24:15 | 4:50 | 4 | 3:37 | 117 | 24:15 | 25.50 | 1:15:48 | 2:58 | 4 | 6:36 | 100 | 17:16 |