



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Klaus Zwick

Total time: 1:16:13

Club: LCO Edenkoben

Number: 347

Course: 25.50 km

Rank in course/Total: 118 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 106 (of 262)

Best time in course: 58:32

Category:

Rank in category: 5(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	12:05	24:10	11	2:28	162	5:08	0.50	12:05	24:10	21	2:28	162	5:08	
Wechsel S -> R	-	2:38	-	6	0:39	120	1:22	0.50	14:43	29:26	21	3:07	146	6:17	
Schwimmen Total	0.50	14:43	29:26	21	3:07	146	6:17	0.50	14:43	29:26	21	3:07	146	6:17	
Rad netto	20.00	35:31	1:46	3	0:42	75	11:07	20.50	50:14	2:27	21	3:24	96	11:58	
Wechsel R -> L	-	1:43	-	15	1:03	226	1:16	20.50	51:57	2:32	21	3:54	110	12:49	
Rad Total	20.00	37:14	1:51	3	1:19	91	12:05	20.50	51:57	2:32	21	3:54	110	12:49	
Lauf Ziel	5.00	24:16	4:51	5	3:38	119	24:16	25.50	1:16:13	2:59	5	7:01	106	17:41	