



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Jörg Krietenstein

Club: SSG Trias Bensheim

Number: 139

Course: 25.50 km

Lorsche Triathlon 0,5-20,5,0

Category:

Senioren 5 (TM 60)

Total time: 1:22:16

Rank in course/Total: 187 (of 343)

Rank in course/Men: 162 (of 262)

Best time in course: 58:32

Rank in category: 7(of 20)

Best time in the category: 1:09:12

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen nett	0.50	11:00	22:00	6	1:23	115	4:03	0.50	11:00	22:00	21	1:23	263	4:03
Wechsel S -> R	-	2:36	-	5	0:37	117	1:20	0.50	13:36	27:11	21	2:00	263	5:10
Schwimmen Total	0.50	13:36	27:11	21	2:00	263	5:10	0.50	13:36	27:11	21	2:00	263	5:10
Rad netto	20.00	37:40	1:53	10	2:51	138	13:16	20.50	51:16	2:30	21	4:26	263	13:00
Wechsel R -> L	-	1:34	-	13	0:54	216	1:07	20.50	52:50	2:34	21	4:47	263	13:42
Rad Total	20.00	39:14	1:57	10	3:19	149	14:05	20.50	52:50	2:34	21	4:47	263	13:42
Lauf Ziel	5.00	29:26	5:53	14	8:48	213	29:26	25.50	1:22:16	3:13	7	13:04	162	23:44