



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

Sascha Achim

Total time: 1:23:28

Number: 337

Course: 25.50 km

Rank in course/Total: 200 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 171 (of 262)

Best time in course: 58:32

Category:

Rank in category: 8(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	15:08	30:15	19	5:31	247	8:11	0.50	15:08	30:15	21	5:31	247	8:11
Wechsel S -> R	-	3:41	-	13	1:42	224	2:25	0.50	18:49	37:37	21	7:13	250	10:23
Schwimmen Total	0.50	18:49	37:37	21	7:13	250	10:23	0.50	18:49	37:37	21	7:13	250	10:23
Rad netto	20.00	36:44	1:50	6	1:55	111	12:20	20.50	55:33	2:42	21	8:43	190	17:17
Wechsel R -> L	-	2:29	-	18	1:49	256	2:02	20.50	58:02	2:49	21	9:59	201	18:54
Rad Total	20.00	39:13	1:57	9	3:18	146	14:04	20.50	58:02	2:49	21	9:59	201	18:54
Lauf Ziel	5.00	25:26	5:05	7	4:48	151	25:26	25.50	1:23:28	3:16	8	14:16	171	24:56