



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Alois Leibetseder

Total time: 1:24:09

Number: 10

Course: 25.50 km

Rank in course/Total: 209 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 175 (of 262)

Best time in course: 58:32

Category:

Rank in category: 9(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	11:25	22:49	7	1:48	133	4:28	0.50	11:25	22:49	7	1:48	263	4:28
Wechsel S -> R	-	4:41	-	20	2:42	255	3:25	0.50	16:06	32:12	12	4:30	263	7:40
Schwimmen Total	0.50	16:06	32:12	12	4:30	263	7:40	0.50	16:06	32:12	12	4:30	263	7:40
Rad netto	20.00	37:30	1:52	9	2:41	134	13:06	20.50	53:36	2:36	8	6:46	263	15:20
Wechsel R -> L	-	1:24	-	9	0:44	189	0:57	20.50	55:00	2:40	8	6:57	159	15:52
Rad Total	20.00	38:54	1:56	8	2:59	139	13:45	20.50	55:00	2:40	8	6:57	159	15:52
Lauf Ziel	5.00	29:09	5:49	12	8:31	210	29:09	25.50	1:24:09	3:18	9	14:57	175	25:37