



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

**Rainer Diehl**

**Total time: 1:24:19**

Club: Erdinger Active Team

Number: 226

Course: 25.50 km

Rank in course/Total: 212 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 177 (of 262)

Best time in course: 58:32

Category:

Rank in category: 10(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			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	14:43	29:26	17	5:06	242	7:46	0.50	14:43	29:26	21	5:06	263	7:46
Wechsel S -> R	-	3:22	-	10	1:23	200	2:06	0.50	18:05	36:09	21	6:29	263	9:39
Schwimmen Total	0.50	18:05	36:09	21	6:29	263	9:39	0.50	18:05	36:09	21	6:29	263	9:39
Rad netto	20.00	36:47	1:50	7	1:58	112	12:23	20.50	54:52	2:40	21	8:02	263	16:36
Wechsel R -> L	-	1:51	-	16	1:11	241	1:24	20.50	56:43	2:46	21	8:40	263	17:35
Rad Total	20.00	38:38	1:55	7	2:43	129	13:29	20.50	56:43	2:46	21	8:40	263	17:35
Lauf Ziel	5.00	27:36	5:31	9	6:58	187	27:36	25.50	1:24:19	3:18	10	15:07	177	25:47