



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Ralf Alexander

Total time: 1:25:34

Number: 149

Course: 25.50 km

Rank in course/Total: 230 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 189 (of 262)

Best time in course: 58:32

Category:

Rank in category: 11(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	11:51	23:41	9	2:14	150	4:54	0.50	11:51	23:41	21	2:14	263	4:54
Wechsel S -> R	-	2:52	-	8	0:53	152	1:36	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	36:37	1:49	5	1:48	103	12:13	20.50	51:20	2:30	21	4:30	263	13:04
Wechsel R -> L	-	1:40	-	14	1:00	223	1:13	20.50	53:00	2:35	21	4:57	263	13:52
Rad Total	20.00	38:17	1:54	5	2:22	115	13:08	20.50	53:00	2:35	21	4:57	263	13:52
Lauf Ziel	5.00	32:34	6:30	17	11:56	243	32:34	25.50	1:25:34	3:21	11	16:22	189	27:02