



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Thomas Steinhäuser

Total time: 1:28:24

Club: TriTop

Number: 235

Course: 25.50 km

Rank in course/Total: 264 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 213 (of 262)

Best time in course: 58:32

Category:

Rank in category: 13(of 20)

Senioren 5 (TM 60)

Best time in the category: 1:09:12

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Schwimmen nett	0.50	11:58	23:56	10	2:21	154	5:01	0.50	11:58	23:56	21	2:21	263	5:01
Wechsel S -> R	-	3:34	-	11	1:35	215	2:18	0.50	15:32	31:03	21	3:56	263	7:06
Schwimmen Total	0.50	15:32	31:03	21	3:56	263	7:06	0.50	15:32	31:03	21	3:56	263	7:06
Rad netto	20.00	42:51	2:08	15	8:02	219	18:27	20.50	58:23	2:50	21	11:33	263	20:07
Wechsel R -> L	-	0:54	-	3	0:14	73	0:27	20.50	59:17	2:53	21	11:14	263	20:09
Rad Total	20.00	43:45	2:11	15	7:50	217	18:36	20.50	59:17	2:53	21	11:14	263	20:09
Lauf Ziel	5.00	29:07	5:49	11	8:29	209	29:07	25.50	1:28:24	3:28	13	19:12	213	29:52