



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Joachim Fahlke

Total time: 1:30:23

Number: 207

Course: 25.50 km

Rank in course/Total: 280 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 225 (of 262)

Best time in course: 58:32

Category:

Rank in category: 15(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	10:53	21:45	3	1:16	105	3:56	0.50	10:53	21:45	21	1:16	263	3:56
Wechsel S -> R	-	2:54	-	9	0:55	153	1:38	0.50	13:47	27:33	21	2:11	263	5:21
Schwimmen Total	0.50	13:47	27:33	21	2:11	263	5:21	0.50	13:47	27:33	21	2:11	263	5:21
Rad netto	20.00	44:16	2:12	16	9:27	233	19:52	20.50	58:03	2:49	21	11:13	263	19:47
Wechsel R -> L	-	0:52	-	2	0:12	67	0:25	20.50	58:55	2:52	21	10:52	263	19:47
Rad Total	20.00	45:08	2:15	16	9:13	231	19:59	20.50	58:55	2:52	21	10:52	263	19:47
Lauf Ziel	5.00	31:28	6:17	15	10:50	234	31:28	25.50	1:30:23	3:32	15	21:11	225	31:51