



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Uwe Stoof

Total time: 1:34:17

Club: SG Poseidon Eppelheim

Number: 17

Course: 25.50 km

Rank in course/Total: 305 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 236 (of 262)

Best time in course: 58:32

Category:

Rank in category: 4(of 6)

Senioren 6 (TM 65)

Best time in the category: 1:18:26

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	10:13	20:26	1	-	72	3:16	0.50	10:13	20:26	1	-	263	3:16
Wechsel S -> R	-	3:30	-	4	0:50	208	2:14	0.50	13:43	27:26	1	-	263	5:17
Schwimmen Total	0.50	13:43	27:26	1	-	263	5:17	0.50	13:43	27:26	1	-	263	5:17
Rad netto	20.00	41:46	2:05	3	4:54	209	17:22	20.50	55:29	2:42	7	3:36	263	17:13
Wechsel R -> L	-	1:49	-	5	1:15	234	1:22	20.50	57:18	2:47	7	3:51	263	18:10
Rad Total	20.00	43:35	2:10	3	5:09	214	18:26	20.50	57:18	2:47	7	3:51	263	18:10
Lauf Ziel	5.00	36:59	7:23	5	36:59	255	36:59	25.50	1:34:17	3:41	4	15:51	236	35:45