



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Karl Heinz Karb

Total time: 1:24:14

Club: Poseidon Worms

Number: 116

Course: 25.50 km

Rank in course/Total: 211 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 176 (of 262)

Best time in course: 58:32

Category:

Rank in category: 1(of 2)

Senioren 8 (TM 75)

Best time in the category: 1:24:14

Intermediate times					Stage score				Total ranking					
Control	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	14:07	28:14	1	-	233	7:10	0.50	14:07	28:14	1	-	263	7:10
Wechsel S -> R	-	2:57	-	1	-	160	1:41	0.50	17:04	34:07	1	-	263	8:38
Schwimmen Total	0.50	17:04	34:07	1	-	263	8:38	0.50	17:04	34:07	1	-	263	8:38
Rad netto	20.00	36:53	1:50	1	-	115	12:29	20.50	53:57	2:37	1	-	263	15:41
Wechsel R -> L	-	2:08	-	2	0:19	251	1:41	20.50	56:05	2:44	1	-	263	16:57
Rad Total	20.00	39:01	1:57	1	-	143	13:52	20.50	56:05	2:44	1	-	263	16:57
Lauf Ziel	5.00	28:09	5:37	1	-	197	28:09	25.50	1:24:14	3:18	1	-	176	25:42