



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Kevin Mwangi

Total time: 1:17:52

Number: 250

Course: 25.50 km

Rank in course/Total: 141 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 123 (of 262)

Best time in course: 58:32

Category:

Rank in category: 15(of 30)

männliche AK 2 (TM 25)

Best time in the category: 1:01:39

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	10:59	21:57	15	3:47	114	4:02	0.50	10:59	21:57	31	3:47	263	4:02
Wechsel S -> R	-	3:08	-	18	1:52	176	1:52	0.50	14:07	28:14	31	5:39	263	5:41
Schwimmen Total	0.50	14:07	28:14	31	5:39	263	5:41	0.50	14:07	28:14	31	5:39	263	5:41
Rad netto	20.00	44:32	2:13	29	11:46	237	20:08	20.50	58:39	2:51	31	16:46	263	20:23
Wechsel R -> L	-	0:45	-	9	0:14	45	0:18	20.50	59:24	2:53	31	16:47	263	20:16
Rad Total	20.00	45:17	2:15	29	11:34	234	20:08	20.50	59:24	2:53	31	16:47	263	20:16
Lauf Ziel	5.00	18:28	3:41	1	-	5	18:28	25.50	1:17:52	3:03	15	16:13	123	19:20