



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Alexander Wolf

Total time: 1:23:01

Number: 268

Course: 25.50 km

Rank in course/Total: 191 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 165 (of 262)

Best time in course: 58:32

Category:

Rank in category: 22(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			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Schwimmen nett	0.50	12:03	24:06	20	4:51	160	5:06	0.50	12:03	24:06	31	4:51	263	5:06
Wechsel S -> R	-	2:50	-	13	1:34	147	1:34	0.50	14:53	29:45	31	6:25	263	6:27
Schwimmen Total	0.50	14:53	29:45	31	6:25	263	6:27	0.50	14:53	29:45	31	6:25	263	6:27
Rad netto	20.00	35:10	1:45	8	2:24	68	10:46	20.50	50:03	2:26	31	8:10	263	11:47
Wechsel R -> L	-	0:54	-	12	0:23	73	0:27	20.50	50:57	2:29	31	8:20	263	11:49
Rad Total	20.00	36:04	1:48	7	2:21	67	10:55	20.50	50:57	2:29	31	8:20	263	11:49
Lauf Ziel	5.00	32:04	6:24	30	13:36	240	32:04	25.50	1:23:01	3:15	22	21:22	165	24:29