



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

**Malte Golla**

**Total time: 1:09:17**

Club: Keine Gnade für die Wade

Number: 312

Course: 25.50 km

Rank in course/Total: 48 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 45 (of 262)

Best time in course: 58:32

Category:

Rank in category: 4(of 15)

männliche AK 1 (TM 20)

Best time in the category: 1:06:00

### 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	9:46	19:32	3	1:09	50	2:49	0.50	9:46	19:32	16	1:09	263	2:49
Wechsel S -> R	-	2:45	-	8	1:08	140	1:29	0.50	12:31	25:02	16	2:17	263	4:05
Schwimmen Total	0.50	12:31	25:02	16	2:17	263	4:05	0.50	12:31	25:02	16	2:17	263	4:05
Rad netto	20.00	36:00	1:48	6	11:36	85	11:36	20.50	48:31	2:22	16	8:58	263	10:15
Wechsel R -> L	-	0:56	-	9	0:24	83	0:29	20.50	49:27	2:24	16	9:09	263	10:19
Rad Total	20.00	36:56	1:50	6	11:47	81	11:47	20.50	49:27	2:24	16	9:09	263	10:19
Lauf Ziel	5.00	19:50	3:57	3	19:50	27	19:50	25.50	1:09:17	2:43	4	3:17	45	10:45