



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

Nhat Nam Nguyen

Total time: 1:26:54

Number: 343

Course: 25.50 km

Rank in course/Total: 248 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 202 (of 262)

Best time in course: 58:32

Category:

Rank in category: 27(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	13:44	27:27	28	6:32	226	6:47	0.50	13:44	27:27	28	6:32	226	6:47
Wechsel S -> R	-	3:31	-	26	2:15	211	2:15	0.50	17:15	34:30	28	8:47	225	8:49
Schwimmen Total	0.50	17:15	34:30	28	8:47	225	8:49	0.50	17:15	34:30	28	8:47	225	8:49
Rad netto	20.00	41:33	2:04	25	8:47	204	17:09	20.50	58:48	2:52	29	16:55	219	20:32
Wechsel R -> L	-	1:29	-	27	0:58	202	1:02	20.50	1:00:17	2:56	29	17:40	222	21:09
Rad Total	20.00	43:02	2:09	26	9:19	206	17:53	20.50	1:00:17	2:56	29	17:40	222	21:09
Lauf Ziel	5.00	26:37	5:19	22	8:09	168	26:37	25.50	1:26:54	3:24	27	25:15	202	28:22