



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Jan Michael Müller

Total time: 1:28:09

Number: 179

Course: 25.50 km

Rank in course/Total: 261 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 211 (of 262)

Best time in course: 58:32

Category:

Rank in category: 28(of 30)

männliche AK 2 (TM 25)

Best time in the category: 1:01:39

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	10:23	20:45	10	3:11	77	3:26	0.50	10:23	20:45	31	3:11	263	3:26
Wechsel S -> R	-	3:13	-	20	1:57	182	1:57	0.50	13:36	27:11	31	5:08	263	5:10
Schwimmen Total	0.50	13:36	27:11	31	5:08	263	5:10	0.50	13:36	27:11	31	5:08	263	5:10
Rad netto	20.00	43:29	2:10	27	10:43	228	19:05	20.50	57:05	2:47	31	15:12	263	18:49
Wechsel R -> L	-	1:15	-	19	0:44	161	0:48	20.50	58:20	2:50	31	15:43	263	19:12
Rad Total	20.00	44:44	2:14	27	11:01	228	19:35	20.50	58:20	2:50	31	15:43	263	19:12
Lauf Ziel	5.00	29:49	5:57	27	11:21	219	29:49	25.50	1:28:09	3:27	28	26:30	211	29:37