



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Adrian Hammer

Total time: 1:29:56

Number: 159

Course: 25.50 km

Lorsch Triathlon 0,5-20,5,0

Rank in course/Total: 276 (of 343)

Rank in course/Men: 222 (of 262)

Best time in course: 58:32

Category:

männliche AK 2 (TM 25)

Rank in category: 30(of 30)

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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	13:06	26:11	27	5:54	209	6:09	0.50	13:06	26:11	31	5:54	263	6:09
Wechsel S -> R	-	3:40	-	28	2:24	223	2:24	0.50	16:46	33:31	31	8:18	263	8:20
Schwimmen Total	0.50	16:46	33:31	31	8:18	263	8:20	0.50	16:46	33:31	31	8:18	263	8:20
Rad netto	20.00	40:50	2:02	23	8:04	195	16:26	20.50	57:36	2:48	31	15:43	263	19:20
Wechsel R -> L	-	1:16	-	21	0:45	165	0:49	20.50	58:52	2:52	31	16:15	263	19:44
Rad Total	20.00	42:06	2:06	24	8:23	195	16:57	20.50	58:52	2:52	31	16:15	263	19:44
Lauf Ziel	5.00	31:04	6:12	28	12:36	229	31:04	25.50	1:29:56	3:31	30	28:17	222	31:24