



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

**Dominik Kupka**

**Total time: 1:07:42**

Club: Awake Personal Training

Number: 134

Course: 25.50 km

Rank in course/Total: 32 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 29 (of 262)

Best time in course: 58:32

Category:

Rank in category: 4(of 33)

männliche AK 3 (TM 30)

Best time in the category: 58:32

### 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	10:03	20:06	9	3:06	63	3:06	0.50	10:03	20:06	34	3:06	263	3:06
Wechsel S -> R	-	2:24	-	11	0:55	78	1:08	0.50	12:27	24:53	34	4:01	263	4:01
Schwimmen Total	0.50	12:27	24:53	34	4:01	263	4:01	0.50	12:27	24:53	34	4:01	263	4:01
Rad netto	20.00	34:06	1:42	5	4:16	39	9:42	20.50	46:33	2:16	34	8:17	263	8:17
Wechsel R -> L	-	1:11	-	22	0:34	149	0:44	20.50	47:44	2:19	34	8:36	263	8:36
Rad Total	20.00	35:17	1:45	4	4:35	40	10:08	20.50	47:44	2:19	34	8:36	263	8:36
Lauf Ziel	5.00	19:58	3:59	4	1:08	29	19:58	25.50	1:07:42	2:39	4	9:10	29	9:10