



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Sebastian Reidel

Total time: 1:11:27

Number: 13

Course: 25.50 km

Rank in course/Total: 63 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 59 (of 262)

Best time in course: 58:32

Category:

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	13:14	26:27	13	4:37	214	6:17	0.50	13:14	26:27	16	4:37	263	6:17
Wechsel S -> R	-	2:36	-	5	0:59	117	1:20	0.50	15:50	31:40	16	5:36	198	7:24
Schwimmen Total	0.50	15:50	31:40	16	5:36	198	7:24	0.50	15:50	31:40	16	5:36	198	7:24
Rad netto	20.00	34:58	1:44	5	10:34	67	10:34	20.50	50:48	2:28	16	11:15	263	12:32
Wechsel R -> L	-	0:32	-	1	-	6	0:05	20.50	51:20	2:30	16	11:02	263	12:12
Rad Total	20.00	35:30	1:46	4	10:21	51	10:21	20.50	51:20	2:30	16	11:02	263	12:12
Lauf Ziel	5.00	20:07	4:01	4	20:07	31	20:07	25.50	1:11:27	2:48	5	5:27	59	12:55