



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Christoph Schönauer

Total time: 1:10:49

Number: 166

Course: 25.50 km

Rank in course/Total: 60 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 56 (of 262)

Best time in course: 58:32

Category:

Rank in category: 7(of 33)

männliche AK 3 (TM 30)

Best time in the category: 58:32

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	9:55	19:49	8	2:58	60	2:58	0.50	9:55	19:49	34	2:58	263	2:58
Wechsel S -> R	-	2:32	-	14	1:03	100	1:16	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	34:53	1:44	8	5:03	65	10:29	20.50	47:20	2:18	34	9:04	263	9:04
Wechsel R -> L	-	1:16	-	26	0:39	165	0:49	20.50	48:36	2:22	34	9:28	263	9:28
Rad Total	20.00	36:09	1:48	9	5:27	70	11:00	20.50	48:36	2:22	34	9:28	263	9:28
Lauf Ziel	5.00	22:13	4:26	11	3:23	73	22:13	25.50	1:10:49	2:46	7	12:17	56	12:17