



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Daniel Glab

Total time: 1:12:02

Number: 200

Course: 25.50 km

Rank in course/Total: 70 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 66 (of 262)

Best time in course: 58:32

Category:

Rank in category: 10(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	9:41	19:22	5	2:44	47	2:44	0.50	9:41	19:22	34	2:44	263	2:44
Wechsel S -> R	-	1:43	-	2	0:14	17	0:27	0.50	11:24	22:48	34	2:58	263	2:58
Schwimmen Total	0.50	11:24	22:48	34	2:58	263	2:58	0.50	11:24	22:48	34	2:58	263	2:58
Rad netto	20.00	37:54	1:53	17	8:04	145	13:30	20.50	49:18	2:24	34	11:02	263	11:02
Wechsel R -> L	-	1:02	-	17	0:25	115	0:35	20.50	50:20	2:27	34	11:12	263	11:12
Rad Total	20.00	38:56	1:56	17	8:14	140	13:47	20.50	50:20	2:27	34	11:12	263	11:12
Lauf Ziel	5.00	21:42	4:20	9	2:52	62	21:42	25.50	1:12:02	2:49	10	13:30	66	13:30