



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

Martin Brüggemann

Total time: 1:16:16

Number: 366

Course: 25.50 km

Rank in course/Total: 119 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 107 (of 262)

Best time in course: 58:32

Category:

Rank in category: 15(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	12:35	25:10	26	5:38	187	5:38	0.50	12:35	25:10	26	5:38	188	5:38
Wechsel S -> R	-	2:33	-	15	1:04	103	1:17	0.50	15:08	30:15	25	6:42	172	6:42
Schwimmen Total	0.50	15:08	30:15	25	6:42	172	6:42	0.50	15:08	30:15	25	6:42	172	6:42
Rad netto	20.00	37:15	1:51	14	7:25	129	12:51	20.50	52:23	2:33	18	14:07	137	14:07
Wechsel R -> L	-	1:30	-	29	0:53	205	1:03	20.50	53:53	2:37	17	14:45	138	14:45
Rad Total	20.00	38:45	1:56	14	8:03	133	13:36	20.50	53:53	2:37	17	14:45	138	14:45
Lauf Ziel	5.00	22:23	4:28	12	3:33	77	22:23	25.50	1:16:16	2:59	15	17:44	107	17:44