



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Rastislav Cervený

Total time: 1:17:03

Number: 369

Course: 25.50 km

Lorsch Triathlon 0,5-20,5,0

Rank in course/Total: 130 (of 343)

Rank in course/Men: 115 (of 262)

Best time in course: 58:32

Category:

männliche AK 3 (TM 30)

Rank in category: 17(of 33)

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	13:37	27:14	32	6:40	224	6:40	0.50	13:37	27:14	32	6:40	224	6:40
Wechsel S -> R	-	1:49	-	3	0:20	24	0:33	0.50	15:26	30:52	27	7:00	188	7:00
Schwimmen Total	0.50	15:26	30:52	27	7:00	188	7:00	0.50	15:26	30:52	27	7:00	188	7:00
Rad netto	20.00	38:18	1:54	19	8:28	156	13:54	20.50	53:44	2:37	19	15:28	158	15:28
Wechsel R -> L	-	0:38	-	2	0:01	16	0:11	20.50	54:22	2:39	20	15:14	148	15:14
Rad Total	20.00	38:56	1:56	16	8:14	141	13:47	20.50	54:22	2:39	20	15:14	148	15:14
Lauf Ziel	5.00	22:41	4:32	15	3:51	86	22:41	25.50	1:17:03	3:01	17	18:31	115	18:31