



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Nicolas Grieser

Total time: 1:18:49

Number: 344

Course: 25.50 km

Lorsch Triathlon 0,5-20,5,0

Rank in course/Total: 156 (of 343)

Rank in course/Men: 135 (of 262)

Best time in course: 58:32

Category:

männliche AK 3 (TM 30)

Rank in category: 19(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	12:39	25:18	27	5:42	189	5:42	0.50	12:39	25:18	27	5:42	189	5:42
Wechsel S -> R	-	2:28	-	12	0:59	91	1:12	0.50	15:07	30:14	24	6:41	171	6:41
Schwimmen Total	0.50	15:07	30:14	24	6:41	171	6:41	0.50	15:07	30:14	24	6:41	171	6:41
Rad netto	20.00	38:37	1:55	21	8:47	162	14:13	20.50	53:44	2:37	19	15:28	158	15:28
Wechsel R -> L	-	0:37	-	1	-	14	0:10	20.50	54:21	2:39	19	15:13	147	15:13
Rad Total	20.00	39:14	1:57	18	8:32	147	14:05	20.50	54:21	2:39	19	15:13	147	15:13
Lauf Ziel	5.00	24:28	4:53	20	5:38	126	24:28	25.50	1:18:49	3:05	19	20:17	135	20:17