



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Marco Seip

Total time: 1:21:20

Club: RV 03 Bürstadt

Number: 170

Course: 25.50 km

Rank in course/Total: 181 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 159 (of 262)

Best time in course: 58:32

Category:

Rank in category: 21(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	9:54	19:48	7	2:57	57	2:57	0.50	9:54	19:48	34	2:57	59	2:57	
Wechsel S -> R	-	2:46	-	19	1:17	141	1:30	0.50	12:40	25:19	34	4:14	263	4:14	
Schwimmen Total	0.50	12:40	25:19	34	4:14	263	4:14	0.50	12:40	25:19	34	4:14	263	4:14	
Rad netto	20.00	37:56	1:53	18	8:06	146	13:32	20.50	50:36	2:28	34	12:20	263	12:20	
Wechsel R -> L	-	1:18	-	28	0:41	173	0:51	20.50	51:54	2:31	34	12:46	263	12:46	
Rad Total	20.00	39:14	1:57	19	8:32	148	14:05	20.50	51:54	2:31	34	12:46	263	12:46	
Lauf Ziel	5.00	29:26	5:53	27	10:36	213	29:26	25.50	1:21:20	3:11	21	22:48	159	22:48	