



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Silvan Welker

Total time: 1:21:22

Number: 289

Course: 25.50 km

Rank in course/Total: 182 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 160 (of 262)

Best time in course: 58:32

Category:

Rank in category: 22(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	10:29	20:57	12	3:32	81	3:32	0.50	10:29	20:57	34	3:32	263	3:32	
Wechsel S -> R	-	4:01	-	31	2:32	241	2:45	0.50	14:30	29:00	34	6:04	263	6:04	
Schwimmen Total	0.50	14:30	29:00	34	6:04	263	6:04	0.50	14:30	29:00	34	6:04	263	6:04	
Rad netto	20.00	42:23	2:07	27	12:33	215	17:59	20.50	56:53	2:46	34	18:37	263	18:37	
Wechsel R -> L	-	0:54	-	12	0:17	73	0:27	20.50	57:47	2:49	34	18:39	263	18:39	
Rad Total	20.00	43:17	2:09	26	12:35	211	18:08	20.50	57:47	2:49	34	18:39	263	18:39	
Lauf Ziel	5.00	23:35	4:43	16	4:45	107	23:35	25.50	1:21:22	3:11	22	22:50	160	22:50	