



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Martin Ruppert

Club: 4./750

Number: 264

Course: 25.50 km

Lorsche Triathlon 0,5-20,5,0

Category:

männliche AK 3 (TM 30)

Total time: 1:22:41

Rank in course/Total: 190 (of 343)

Rank in course/Men: 164 (of 262)

Best time in course: 58:32

Rank in category: 23(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.	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	10:34	21:07	13	3:37	86	3:37	0.50	10:34	21:07	34	3:37	263	3:37	
Wechsel S -> R	-	3:21	-	28	1:52	198	2:05	0.50	13:55	27:49	34	5:29	263	5:29	
Schwimmen Total	0.50	13:55	27:49	34	5:29	263	5:29	0.50	13:55	27:49	34	5:29	263	5:29	
Rad netto	20.00	40:40	2:01	24	10:50	193	16:16	20.50	54:35	2:39	34	16:19	263	16:19	
Wechsel R -> L	-	0:53	-	10	0:16	71	0:26	20.50	55:28	2:42	34	16:20	263	16:20	
Rad Total	20.00	41:33	2:04	23	10:51	185	16:24	20.50	55:28	2:42	34	16:20	263	16:20	
Lauf Ziel	5.00	27:13	5:26	23	8:23	178	27:13	25.50	1:22:41	3:14	23	24:09	164	24:09	