



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Jeffy Seapang

Total time: 1:23:21

Number: 368

Course: 25.50 km

Rank in course/Total: 196 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 168 (of 262)

Best time in course: 58:32

Category:

Rank in category: 24(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	13:20	26:40	30	6:23	216	6:23	0.50	13:20	26:40	30	6:23	216	6:23	
Wechsel S -> R	-	2:04	-	6	0:35	46	0:48	0.50	15:24	30:48	26	6:58	185	6:58	
Schwimmen Total	0.50	15:24	30:48	26	6:58	185	6:58	0.50	15:24	30:48	26	6:58	185	6:58	
Rad netto	20.00	38:55	1:56	22	9:05	166	14:31	20.50	54:19	2:38	21	16:03	168	16:03	
Wechsel R -> L	-	1:00	-	15	0:23	107	0:33	20.50	55:19	2:41	21	16:11	165	16:11	
Rad Total	20.00	39:55	1:59	22	9:13	161	14:46	20.50	55:19	2:41	21	16:11	165	16:11	
Lauf Ziel	5.00	28:02	5:36	26	9:12	191	28:02	25.50	1:23:21	3:16	24	24:49	168	24:49	