



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Christopher Metz

Total time: 1:26:04

Number: 269

Course: 25.50 km

Rank in course/Total: 240 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 197 (of 262)

Best time in course: 58:32

Category:

Rank in category: 27(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	10:34	21:07	13	3:37	86	3:37	0.50	10:34	21:07	34	3:37	263	3:37
Wechsel S -> R	-	2:46	-	19	1:17	141	1:30	0.50	13:20	26:40	34	4:54	263	4:54
Schwimmen Total	0.50	13:20	26:40	34	4:54	263	4:54	0.50	13:20	26:40	34	4:54	263	4:54
Rad netto	20.00	41:28	2:04	26	11:38	203	17:04	20.50	54:48	2:40	34	16:32	263	16:32
Wechsel R -> L	-	1:49	-	31	1:12	234	1:22	20.50	56:37	2:45	34	17:29	263	17:29
Rad Total	20.00	43:17	2:09	27	12:35	212	18:08	20.50	56:37	2:45	34	17:29	263	17:29
Lauf Ziel	5.00	29:27	5:53	28	10:37	215	29:27	25.50	1:26:04	3:22	27	27:32	197	27:32