



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Timo Foitzik

Total time: 1:34:20

Club: LCI Speyer

Number: 124

Course: 25.50 km

Rank in course/Total: 306 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 237 (of 262)

Best time in course: 58:32

Category:

Rank in category: 32(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen nett	0.50	9:51	19:41	6	2:54	55	2:54	0.50	9:51	19:41	34	2:54	56	2:54
Wechsel S -> R	-	2:31	-	13	1:02	97	1:15	0.50	12:22	24:44	34	3:56	54	3:56
Schwimmen Total	0.50	12:22	24:44	34	3:56	54	3:56	0.50	12:22	24:44	34	3:56	54	3:56
Rad netto	20.00	51:19	2:33	32	21:29	258	26:55	20.50	1:03:41	3:06	34	25:25	263	25:25
Wechsel R -> L	-	0:49	-	7	0:12	57	0:22	20.50	1:04:30	3:08	34	25:22	263	25:22
Rad Total	20.00	52:08	2:36	32	21:26	257	26:59	20.50	1:04:30	3:08	34	25:22	263	25:22
Lauf Ziel	5.00	29:50	5:58	29	11:00	220	29:50	25.50	1:34:20	3:41	32	35:48	237	35:48