



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

Jonas Nordt

Total time: 1:14:55

Number: 161

Course: 25.50 km

Rank in course/Total: 102 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 93 (of 262)

Best time in course: 58:32

Category:

Rank in category: 8(of 15)

männliche AK 1 (TM 20)

Best time in the category: 1:06:00

### 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	12:34	25:07	12	3:57	183	5:37	0.50	12:34	25:07	12	3:57	263	5:37	
Wechsel S -> R	-	2:03	-	3	0:26	43	0:47	0.50	14:37	29:14	10	4:23	263	6:11	
Schwimmen Total	0.50	14:37	29:14	10	4:23	263	6:11	0.50	14:37	29:14	10	4:23	263	6:11	
Rad netto	20.00	36:37	1:49	7	12:13	103	12:13	20.50	51:14	2:29	8	11:41	263	12:58	
Wechsel R -> L	-	0:59	-	11	0:27	103	0:32	20.50	52:13	2:32	8	11:55	263	13:05	
Rad Total	20.00	37:36	1:52	7	12:27	99	12:27	20.50	52:13	2:32	8	11:55	263	13:05	
Lauf Ziel	5.00	22:42	4:32	9	22:42	87	22:42	25.50	1:14:55	2:56	8	8:55	93	16:23	