



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Stefan Schröer

Total time: 1:12:38

Number: 283

Course: 25.50 km

Rank in course/Total: 79 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 74 (of 262)

Best time in course: 58:32

Category:

Rank in category: 6(of 23)

männliche AK 4 (TM 35)

Best time in the category: 1:02:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Schwimmen nett	0.50	10:24	20:48	8	2:04	78	3:27	0.50	10:24	20:48	24	2:04	263	3:27
Wechsel S -> R	-	3:04	-	17	1:33	170	1:48	0.50	13:28	26:56	24	3:31	263	5:02
Schwimmen Total	0.50	13:28	26:56	24	3:31	263	5:02	0.50	13:28	26:56	24	3:31	263	5:02
Rad netto	20.00	34:03	1:42	4	2:07	35	9:39	20.50	47:31	2:19	24	5:38	263	9:15
Wechsel R -> L	-	1:28	-	21	0:47	199	1:01	20.50	48:59	2:23	24	6:25	263	9:51
Rad Total	20.00	35:31	1:46	5	2:54	53	10:22	20.50	48:59	2:23	24	6:25	263	9:51
Lauf Ziel	5.00	23:39	4:43	10	4:22	111	23:39	25.50	1:12:38	2:50	6	10:25	74	14:06