



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Roger Hofmann

Total time: 1:13:02

Number: 153

Course: 25.50 km

Lorsche Triathlon 0,5-20,5,0

Rank in course/Total: 83 (of 343)

Rank in course/Men: 77 (of 262)

Best time in course: 58:32

Category:

männliche AK 4 (TM 35)

Rank in category: 7(of 23)

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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	9:50	19:40	6	1:30	53	2:53	0.50	9:50	19:40	24	1:30	263	2:53
Wechsel S -> R	-	1:51	-	4	0:20	25	0:35	0.50	11:41	23:22	24	1:44	263	3:15
Schwimmen Total	0.50	11:41	23:22	24	1:44	263	3:15	0.50	11:41	23:22	24	1:44	263	3:15
Rad netto	20.00	36:14	1:48	8	4:18	93	11:50	20.50	47:55	2:20	24	6:02	263	9:39
Wechsel R -> L	-	0:56	-	6	0:15	83	0:29	20.50	48:51	2:22	24	6:17	263	9:43
Rad Total	20.00	37:10	1:51	8	4:33	89	12:01	20.50	48:51	2:22	24	6:17	263	9:43
Lauf Ziel	5.00	24:11	4:50	12	4:54	116	24:11	25.50	1:13:02	2:51	7	10:49	77	14:30