



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

Alexander Frommhold

Total time: 1:14:56

Number: 271

Course: 25.50 km

Rank in course/Total: 103 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 94 (of 262)

Best time in course: 58:32

Category:

Rank in category: 9(of 23)

männliche AK 4 (TM 35)

Best time in the category: 1:02:13

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score			Total ranking						
	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	11:15	22:30	14	2:55	125	4:18	0.50	11:15	22:30	24	2:55	263	4:18	
Wechsel S -> R	-	2:58	-	16	1:27	162	1:42	0.50	14:13	28:26	24	4:16	263	5:47	
Schwimmen Total	0.50	14:13	28:26	24	4:16	263	5:47	0.50	14:13	28:26	24	4:16	263	5:47	
Rad netto	20.00	37:33	1:52	10	5:37	135	13:09	20.50	51:46	2:31	24	9:53	263	13:30	
Wechsel R -> L	-	1:15	-	16	0:34	161	0:48	20.50	53:01	2:35	24	10:27	263	13:53	
Rad Total	20.00	38:48	1:56	11	6:11	135	13:39	20.50	53:01	2:35	24	10:27	263	13:53	
Lauf Ziel	5.00	21:55	4:23	6	2:38	68	21:55	25.50	1:14:56	2:56	9	12:43	94	16:24	