



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Nicky Heber

Total time: 1:20:34

Number: 435

Course: 25.50 km

Rank in course/Total: 169 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 148 (of 262)

Best time in course: 58:32

Category:

Rank in category: 14(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	10:52	21:44	9	2:32	104	3:55	0.50	10:52	21:44	24	2:32	263	3:55
Wechsel S -> R	-	2:40	-	13	1:09	125	1:24	0.50	13:32	27:03	24	3:35	263	5:06
Schwimmen Total	0.50	13:32	27:03	24	3:35	263	5:06	0.50	13:32	27:03	24	3:35	263	5:06
Rad netto	20.00	41:10	2:03	19	9:14	198	16:46	20.50	54:42	2:40	24	12:49	263	16:26
Wechsel R -> L	-	0:45	-	3	0:04	45	0:18	20.50	55:27	2:42	24	12:53	263	16:19
Rad Total	20.00	41:55	2:05	19	9:18	192	16:46	20.50	55:27	2:42	24	12:53	263	16:19
Lauf Ziel	5.00	25:07	5:01	13	5:50	143	25:07	25.50	1:20:34	3:09	14	18:21	148	22:02