



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Sebastian Vogel

Total time: 1:25:56

Number: 286

Course: 25.50 km

Rank in course/Total: 236 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 194 (of 262)

Best time in course: 58:32

Category:

Rank in category: 17(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	11:31	23:02	16	3:11	138	4:34	0.50	11:31	23:02	24	3:11	263	4:34
Wechsel S -> R	-	2:29	-	9	0:58	92	1:13	0.50	14:00	28:00	24	4:03	263	5:34
Schwimmen Total	0.50	14:00	28:00	24	4:03	263	5:34	0.50	14:00	28:00	24	4:03	263	5:34
Rad netto	20.00	40:24	2:01	17	8:28	188	16:00	20.50	54:24	2:39	24	12:31	263	16:08
Wechsel R -> L	-	1:16	-	18	0:35	165	0:49	20.50	55:40	2:42	24	13:06	263	16:32
Rad Total	20.00	41:40	2:04	17	9:03	186	16:31	20.50	55:40	2:42	24	13:06	263	16:32
Lauf Ziel	5.00	30:16	6:03	20	10:59	224	30:16	25.50	1:25:56	3:22	17	23:43	194	27:24