



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Glanzner, Matthias

Total time: 1:14:43

Club: Saustall Lorsch 1976 e.V.

Number: 50

Course: 25.50 km

Rank in course/Total: 111 (of 353)

Lorsch Triathlon 0,5-20,0-5,0

Rank in course/Men: 102 (of 269)

Best time in course: 57:23

Category:

Rank in category: 14(of 34)

Senioren 4 (TM 55)

Best time in the category: 1:00:22

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	9:53	19:45	8	1:46	69	2:54	0.50	9:53	19:45	34	1:46	269	2:54
Wechsel S -> R	-	2:28	-	12	0:52	99	1:12	0.50	12:21	24:41	34	2:28	268	4:06
Schwimmen Total	0.50	12:21	24:41	34	2:28	268	4:06	0.50	12:21	24:41	34	2:28	268	4:06
Kontrolle Rad	6.00	11:30	1:55	17	1:18	115	2:16	6.50	23:51	3:40	34	3:40	268	5:08
Kontrolle Rad	8.00	14:23	1:47	19	2:04	140	2:36	14.50	38:14	2:38	13	5:26	267	6:39
Rad Ziel	6.00	10:43	1:47	20	1:42	157	2:10	20.50	48:57	2:23	14	7:08	268	8:18
Rad Net	20.00	36:36	1:49	1	27:35	1	28:03	20.50	48:57	2:23	14	7:08	268	8:18
Wechsel R -> L	-	1:12	-	19	0:34	159	0:40	20.50	50:09	2:26	14	7:38	268	8:50
Rad Total	20.00	37:48	1:53	19	5:34	135	7:23	20.50	50:09	2:26	14	7:38	268	8:50
Kontrolle Lauf	2.40	11:41	4:52	13	2:53	114	3:51	22.90	1:01:50	2:42	13	10:31	265	12:41
Lauf Ziel	2.60	12:53	4:57	17	3:50	147	4:39	25.50	1:14:43	2:55	14	14:21	102	17:20
Lauf Total	5.00	24:34	4:54	16	6:43	133	8:30	25.50	1:14:43	2:55	14	14:21	102	17:20