



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Stephan Glanzner

Total time: 1:26:57

Club: SSG Bensheim Triathlon

Number: 204

Course: 25.50 km

Rank in course/Total: 249 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Men: 203 (of 262)

Best time in course: 58:32

Category:

Rank in category: 24(of 32)

Senioren 3 (TM 50)

Best time in the category: 1:02:16

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	11:01	22:02	11	2:21	117	4:04	0.50	11:01	22:02	33	2:21	263	4:04
Wechsel S -> R	-	3:52	-	27	2:30	230	2:36	0.50	14:53	29:45	33	4:37	263	6:27
Schwimmen Total	0.50	14:53	29:45	33	4:37	263	6:27	0.50	14:53	29:45	33	4:37	263	6:27
Rad netto	20.00	39:11	1:57	21	8:19	172	14:47	20.50	54:04	2:38	33	12:56	263	15:48
Wechsel R -> L	-	1:54	-	31	1:23	243	1:27	20.50	55:58	2:43	33	14:11	263	16:50
Rad Total	20.00	41:05	2:03	22	9:34	180	15:56	20.50	55:58	2:43	33	14:11	263	16:50
Lauf Ziel	5.00	30:59	6:11	29	11:23	228	30:59	25.50	1:26:57	3:24	24	24:41	203	28:25