



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Robert Glanzner

Total time: 1:28:25

Number: 245

Course: 25.50 km

Rank in course/Total: 265 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 214 (of 262)

Best time in course: 58:32

Category:

Rank in category: 24(of 31)

Senioren 4 (TM 55)

Best time in the category: 1:07:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			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	10:42	21:23	9	1:41	95	3:45	0.50	10:42	21:23	32	1:41	263	3:45
Wechsel S -> R	-	3:04	-	21	1:23	170	1:48	0.50	13:46	27:32	32	2:44	263	5:20
Schwimmen Total	0.50	13:46	27:32	32	2:44	263	5:20	0.50	13:46	27:32	32	2:44	263	5:20
Rad netto	20.00	40:57	2:02	25	7:55	196	16:33	20.50	54:43	2:40	32	9:34	263	16:27
Wechsel R -> L	-	1:35	-	20	0:57	218	1:08	20.50	56:18	2:44	32	10:15	263	17:10
Rad Total	20.00	42:32	2:07	26	8:34	200	17:23	20.50	56:18	2:44	32	10:15	263	17:10
Lauf Ziel	5.00	32:07	6:25	29	32:07	241	32:07	25.50	1:28:25	3:28	24	21:20	214	29:53