



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Martin Glanzner

Total time: 1:30:06

Number: 173

Course: 25.50 km

Lorsche Triathlon 0,5-20,5,0

Rank in course/Total: 278 (of 343)

Rank in course/Men: 223 (of 262)

Best time in course: 58:32

Category:

männliche AK 3 (TM 30)

Rank in category: 29(of 33)

Best time in the category: 58:32

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	12:14	24:27	23	5:17	169	5:17	0.50	12:14	24:27	34	5:17	263	5:17
Wechsel S -> R	-	2:34	-	16	1:05	110	1:18	0.50	14:48	29:36	34	6:22	263	6:22
Schwimmen Total	0.50	14:48	29:36	34	6:22	263	6:22	0.50	14:48	29:36	34	6:22	263	6:22
Rad netto	20.00	41:19	2:03	25	11:29	201	16:55	20.50	56:07	2:44	34	17:51	263	17:51
Wechsel R -> L	-	0:38	-	2	0:01	16	0:11	20.50	56:45	2:46	34	17:37	263	17:37
Rad Total	20.00	41:57	2:05	25	11:15	194	16:48	20.50	56:45	2:46	34	17:37	263	17:37
Lauf Ziel	5.00	33:21	6:40	32	14:31	246	33:21	25.50	1:30:06	3:31	29	31:34	223	31:34