



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

**Holger Colditz**

Club: RV03 Bürstadt

Number: 121

Course: 25.50 km

Lorsch Triathlon

Category:

Senioren 2 (TM 45)

Total time: 1:05:16

Rank in course/Total: 17 (of 354)

Rank in course/Men: 15 (of 254)

Best time in course: 58:26

Rank in category: 2(of 25)

Best time in the category: 1:03:22

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	8:55	17:49	3	0:38	22	2:08	0.50	8:55	17:49	26	0:38	255	2:08
Wechsel S -> R	-	1:51	-	4	0:21	23	1:51	0.50	10:46	21:32	26	0:21	255	2:38
Schwimmen Total	0.50	10:46	21:32	26	0:21	255	2:38	0.50	10:46	21:32	26	0:21	255	2:38
Rad netto	20.00	33:11	1:39	2	1:27	12	7:26	20.50	43:57	2:08	26	0:07	255	5:00
Wechsel R -> L	-	0:49	-	6	0:12	45	0:17	20.50	44:46	2:11	26	0:06	255	4:57
Rad Total	20.00	34:00	1:42	2	0:13	10	7:17	20.50	44:46	2:11	26	0:06	255	4:57
Lauf Ziel	5.00	20:30	4:05	4	1:52	35	3:43	25.50	1:05:16	2:33	2	1:54	15	6:50