



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Ulf Steinebach

Total time: 1:16:22

Club: SC Westerburg

Number: 32

Course: 25.50 km

Rank in course/Total: 129 (of 354)

Lorsch Triathlon

Rank in course/Men: 112 (of 254)

Best time in course: 58:26

Category:

Rank in category: 17(of 25)

Senioren 2 (TM 45)

Best time in the category: 1:03:22

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	11:48	23:36	18	3:31	159	5:01	0.50	11:48	23:36	18	3:31	160	5:01
Wechsel S -> R	-	3:04	-	16	1:34	151	3:04	0.50	14:52	29:44	26	4:27	156	6:44
Schwimmen Total	0.50	14:52	29:44	26	4:27	156	6:44	0.50	14:52	29:44	26	4:27	156	6:44
Rad netto	20.00	36:01	1:48	11	4:17	62	10:16	20.50	50:53	2:28	26	7:03	103	11:56
Wechsel R -> L	-	1:29	-	21	0:52	179	0:57	20.50	52:22	2:33	26	7:42	108	12:33
Rad Total	20.00	37:30	1:52	13	3:43	73	10:47	20.50	52:22	2:33	26	7:42	108	12:33
Lauf Ziel	5.00	24:00	4:47	14	5:22	129	7:13	25.50	1:16:22	2:59	17	13:00	112	17:56