



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Rene Henninger

Total time: 1:22:55

Number: 200

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 217 (of 354)

Rank in course/Men: 177 (of 254)

Best time in course: 58:26

Category:

Senioren 2 (TM 45)

Rank in category: 21(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	10:36	21:11	13	2:19	99	3:49	0.50	10:36	21:11	26	2:19	255	3:49
Wechsel S -> R	-	4:19	-	24	2:49	231	4:19	0.50	14:55	29:49	26	4:30	158	6:47
Schwimmen Total	0.50	14:55	29:49	26	4:30	158	6:47	0.50	14:55	29:49	26	4:30	158	6:47
Rad netto	20.00	38:46	1:56	18	7:02	154	13:01	20.50	53:41	2:37	26	9:51	255	14:44
Wechsel R -> L	-	1:47	-	22	1:10	219	1:15	20.50	55:28	2:42	26	10:48	255	15:39
Rad Total	20.00	40:33	2:01	19	6:46	170	13:50	20.50	55:28	2:42	26	10:48	255	15:39
Lauf Ziel	5.00	27:27	5:29	23	8:49	200	10:40	25.50	1:22:55	3:15	21	19:33	177	24:29