



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Alexander Glanzner

Total time: 1:11:36

Club: MSG Lorsch/Einhausen

Number: 195

Course: 25.50 km

Rank in course/Total: 65 (of 354)

Lorsch Triathlon

Rank in course/Men: 57 (of 254)

Best time in course: 58:26

Category:

Rank in category: 6(of 30)

männliche AK 2 (TM 25)

Best time in the category: 1:07:29

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	8:58	17:56	1	-	26	2:11	0.50	8:58	17:56	1	-	255	2:11
Wechsel S -> R	-	2:40	-	10	1:16	103	2:40	0.50	11:38	23:15	31	0:23	255	3:30
Schwimmen Total	0.50	11:38	23:15	31	0:23	255	3:30	0.50	11:38	23:15	31	0:23	255	3:30
Rad netto	20.00	38:38	1:55	15	12:53	151	12:53	20.50	50:16	2:27	31	7:15	255	11:19
Wechsel R -> L	-	1:06	-	14	0:34	103	0:34	20.50	51:22	2:30	31	7:23	255	11:33
Rad Total	20.00	39:44	1:59	14	13:01	140	13:01	20.50	51:22	2:30	31	7:23	255	11:33
Lauf Ziel	5.00	20:14	4:02	2	0:28	32	3:27	25.50	1:11:36	2:48	6	4:07	57	13:10