



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Manfred Hertel

Total time: 1:22:19

Number: 4

Course: 25.50 km  
Lorsch Triathlon

Rank in course/Total: 208 (of 354)

Rank in course/Men: 171 (of 254)

Best time in course: 58:26

Category:

Rank in category: 20(of 27)

Senioren 3 (TM 50)

Best time in the category: 1:05:05

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	10:51	21:41	11	2:37	107	4:04	0.50	10:51	21:41	28	2:37	107	4:04
Wechsel S -> R	-	2:44	-	13	1:11	107	2:44	0.50	13:35	27:10	28	3:40	97	5:27
Schwimmen Total	0.50	13:35	27:10	28	3:40	97	5:27	0.50	13:35	27:10	28	3:40	97	5:27
Rad netto	20.00	36:13	1:48	13	5:14	69	10:28	20.50	49:48	2:25	12	5:36	78	10:51
Wechsel R -> L	-	1:30	-	20	0:55	184	0:58	20.50	51:18	2:30	12	6:18	84	11:29
Rad Total	20.00	37:43	1:53	13	5:42	79	11:00	20.50	51:18	2:30	12	6:18	84	11:29
Lauf Ziel	5.00	31:01	6:12	26	12:21	232	14:14	25.50	1:22:19	3:13	20	17:14	171	23:53