



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Oliver Volk

Total time: 1:22:22

Number: 301

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 211 (of 354)

Rank in course/Men: 172 (of 254)

Best time in course: 58:26

Category:

Rank in category: 21(of 36)

Senioren 4 (TM 55)

Best time in the category: 1:08:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen nett	0.50	12:07	24:14	17	4:02	174	5:20	0.50	12:07	24:14	37	4:02	255	5:20	
Wechsel S -> R	-	5:03	-	34	5:03	245	5:03	0.50	17:10	34:20	37	6:20	255	9:02	
Schwimmen Total	0.50	17:10	34:20	37	6:20	255	9:02	0.50	17:10	34:20	37	6:20	255	9:02	
Rad netto	20.00	38:34	1:55	19	5:02	145	12:49	20.50	55:44	2:43	37	9:28	255	16:47	
Wechsel R -> L	-	1:56	-	31	1:20	231	1:24	20.50	57:40	2:48	37	10:42	255	17:51	
Rad Total	20.00	40:30	2:01	22	5:56	166	13:47	20.50	57:40	2:48	37	10:42	255	17:51	
Lauf Ziel	5.00	24:42	4:56	16	3:35	142	7:55	25.50	1:22:22	3:13	21	14:10	172	23:56	