



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Uwe Steingens

Club: Triathlon Team DSW Darmstadt

Number: 170

Course: 25.50 km

Lorsch Triathlon

Category:

Senioren 5 (TM 60)

Total time: 1:11:54

Rank in course/Total: 69 (of 354)

Rank in course/Men: 61 (of 254)

Best time in course: 58:26

Rank in category: 3(of 13)

Best time in the category: 1:06:30

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	9:20	18:40	2	0:27	41	2:33	0.50	9:20	18:40	2	0:27	255	2:33
Wechsel S -> R	-	2:16	-	3	0:25	62	2:16	0.50	11:36	23:11	2	0:52	255	3:28
Schwimmen Total	0.50	11:36	23:11	2	0:52	255	3:28	0.50	11:36	23:11	2	0:52	255	3:28
Rad netto	20.00	36:47	1:50	4	2:24	91	11:02	20.50	48:23	2:21	2	3:16	255	9:26
Wechsel R -> L	-	0:58	-	4	0:17	76	0:26	20.50	49:21	2:24	2	2:57	255	9:32
Rad Total	20.00	37:45	1:53	3	2:05	80	11:02	20.50	49:21	2:24	2	2:57	255	9:32
Lauf Ziel	5.00	22:33	4:30	5	2:27	93	5:46	25.50	1:11:54	2:49	3	5:24	61	13:28