



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

**Roland Sawinski**

**Total time: 1:11:12**

Club: LSV Ladenburg

Number: 365

Course: 25.50 km

Rank in course/Total: 60 (of 354)

Lorsch Triathlon

Rank in course/Men: 54 (of 254)

Best time in course: 58:26

Category:

Rank in category: 1(of 9)

Senioren 6 (TM 65)

Best time in the category: 1:11:12

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	10:41	21:22	2	0:04	101	3:54	0.50	10:41	21:22	10	0:04	255	3:54
Wechsel S -> R	-	1:43	-	1	-	16	1:43	0.50	12:24	24:48	1	-	255	4:16
Schwimmen Total	0.50	12:24	24:48	1	-	255	4:16	0.50	12:24	24:48	1	-	255	4:16
Rad netto	20.00	36:03	1:48	1	-	64	10:18	20.50	48:27	2:21	1	-	255	9:30
Wechsel R -> L	-	0:52	-	1	-	55	0:20	20.50	49:19	2:24	1	-	255	9:30
Rad Total	20.00	36:55	1:50	1	-	57	10:12	20.50	49:19	2:24	1	-	255	9:30
Lauf Ziel	5.00	21:53	4:22	1	-	75	5:06	25.50	1:11:12	2:47	1	-	54	12:46