



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Sebastian Steinkl

Total time: 1:17:58

Number: 270

Course: 25.50 km

Lorsch Triathlon

Rank in course/Total: 154 (of 354)

Rank in course/Men: 134 (of 254)

Best time in course: 58:26

Category:

männliche AK 2 (TM 25)

Rank in category: 14(of 30)

Best time in the category: 1:07:29

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Men
Schwimmen nett	0.50	10:25	20:49	14	1:27	92	3:38	0.50	10:25	20:49	31	1:27	255	3:38
Wechsel S -> R	-	2:54	-	15	1:30	130	2:54	0.50	13:19	26:37	10	2:04	255	5:11
Schwimmen Total	0.50	13:19	26:37	10	2:04	255	5:11	0.50	13:19	26:37	10	2:04	255	5:11
Rad netto	20.00	37:48	1:53	12	12:03	121	12:03	20.50	51:07	2:29	11	8:06	255	12:10
Wechsel R -> L	-	1:25	-	22	0:53	169	0:53	20.50	52:32	2:33	13	8:33	255	12:43
Rad Total	20.00	39:13	1:57	13	12:30	128	12:30	20.50	52:32	2:33	13	8:33	255	12:43
Lauf Ziel	5.00	25:26	5:05	19	5:40	164	8:39	25.50	1:17:58	3:03	14	10:29	134	19:32