



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

**Uwe Stoof**

**Total time: 1:31:56**

Club: SG Poseidon Eppelheim

Number: 33

Course: 25.50 km

Rank in course/Total: 305 (of 354)

Lorsch Triathlon

Rank in course/Men: 226 (of 254)

Best time in course: 58:26

Category:

Rank in category: 7(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	10:37	21:14	1	-	100	3:50	0.50	10:37	21:14	1	-	100	3:50	
Wechsel S -> R	-	3:55	-	6	2:12	206	3:55	0.50	14:32	29:03	10	2:08	143	6:24	
Schwimmen Total	0.50	14:32	29:03	10	2:08	143	6:24	0.50	14:32	29:03	10	2:08	143	6:24	
Rad netto	20.00	41:44	2:05	7	5:41	205	15:59	20.50	56:16	2:44	10	7:49	195	17:19	
Wechsel R -> L	-	1:55	-	7	1:03	229	1:23	20.50	58:11	2:50	10	8:52	196	18:22	
Rad Total	20.00	43:39	2:10	7	6:44	213	16:56	20.50	58:11	2:50	10	8:52	196	18:22	
Lauf Ziel	5.00	33:45	6:45	8	11:52	245	16:58	25.50	1:31:56	3:36	7	20:44	226	33:30	