



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Harald Herrmann

Total time: 1:36:04

Club: Nordic Walking Nibelungen

Number: 156

Course: 25.50 km

Rank in course/Total: 325 (of 354)

Lorsch Triathlon

Rank in course/Men: 237 (of 254)

Best time in course: 58:26

Category:

Rank in category: 8(of 9)

Senioren 6 (TM 65)

Best time in the category: 1:11:12

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	14:28	28:56	7	3:51	226	7:41	0.50	14:28	28:56	10	3:51	226	7:41	
Wechsel S -> R	-	7:35	-	9	5:52	254	7:35	0.50	22:03	44:06	10	9:39	255	13:55	
Schwimmen Total	0.50	22:03	44:06	10	9:39	255	13:55	0.50	22:03	44:06	10	9:39	255	13:55	
Rad netto	20.00	42:04	2:06	8	6:01	211	16:19	20.50	1:04:07	3:07	10	15:40	255	25:10	
Wechsel R -> L	-	2:12	-	8	1:20	243	1:40	20.50	1:06:19	3:14	10	17:00	255	26:30	
Rad Total	20.00	44:16	2:12	8	7:21	221	17:33	20.50	1:06:19	3:14	10	17:00	255	26:30	
Lauf Ziel	5.00	29:45	5:57	5	7:52	223	12:58	25.50	1:36:04	3:46	8	24:52	237	37:38	