



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Marcel Ruoff

Total time: 1:22:18

Club: Böblingen

Number: 378

Course: 25.50 km

Rank in course/Total: 207 (of 354)

Lorsch Triathlon

Rank in course/Men: 170 (of 254)

Best time in course: 58:26

Category:

Rank in category: 26(of 30)

männliche AK 3 (TM 30)

Best time in the category: 58:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen nett	0.50	11:41	23:22	19	4:54	157	4:54	0.50	11:41	23:22	31	4:54	255	4:54
Wechsel S -> R	-	2:36	-	12	1:15	94	2:36	0.50	14:17	28:33	31	6:09	255	6:09
Schwimmen Total	0.50	14:17	28:33	31	6:09	255	6:09	0.50	14:17	28:33	31	6:09	255	6:09
Rad netto	20.00	46:05	2:18	29	15:16	238	20:20	20.50	1:00:22	2:56	31	21:25	255	21:25
Wechsel R -> L	-	0:36	-	1	-	5	0:04	20.50	1:00:58	2:58	31	21:09	255	21:09
Rad Total	20.00	46:41	2:20	29	15:00	236	19:58	20.50	1:00:58	2:58	31	21:09	255	21:09
Lauf Ziel	5.00	21:20	4:15	14	4:33	61	4:33	25.50	1:22:18	3:13	26	23:52	170	23:52