



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

René Manigk

Total time: 1:20:18

Number: 275

Course: 25.50 km

Rank in course/Total: 181 (of 354)

Lorsch Triathlon

Rank in course/Men: 155 (of 254)

Best time in course: 58:26

Category:

Rank in category: 15(of 29)

männliche AK 4 (TM 35)

Best time in the category: 1:03:10

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	10:06	20:11	6	1:39	75	3:19	0.50	10:06	20:11	30	1:39	255	3:19	
Wechsel S -> R	-	3:09	-	16	1:28	162	3:09	0.50	13:15	26:30	30	2:47	255	5:07	
Schwimmen Total	0.50	13:15	26:30	30	2:47	255	5:07	0.50	13:15	26:30	30	2:47	255	5:07	
Rad netto	20.00	41:46	2:05	22	8:26	207	16:01	20.50	55:01	2:41	30	11:13	255	16:04	
Wechsel R -> L	-	1:12	-	12	0:24	126	0:40	20.50	56:13	2:44	30	11:26	255	16:24	
Rad Total	20.00	42:58	2:08	22	8:39	206	16:15	20.50	56:13	2:44	30	11:26	255	16:24	
Lauf Ziel	5.00	24:05	4:48	12	5:42	132	7:18	25.50	1:20:18	3:08	15	17:08	155	21:52	