



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

## Detailed evaluation

179 BPM

Total time: 1:17:54

Number: 389

Course: 25.50 km

Triathlonstaffel

Rank in course: 18 (of 24)

Best time in course: 57:11

Category:

Mixed-Staffel

Rank in category: 13(of 19)

Best time in the category: 57:11

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total	
Schwimmen nett	0.50	11:44	23:27	14	4:28	18	4:33	0.50	11:44	23:27	14	4:28	18	4:33	
Wechsel S -> R	20.00	1:44	0:05	14	0:37	19	0:37	20.50	13:28	0:39	14	4:33	18	4:40	
Schwimmen Total	20.50	13:28	0:39	14	4:33	18	4:40	20.50	13:28	0:39	14	4:33	18	4:40	
Rad netto	-	41:30	-	14	12:35	18	12:35	20.50	54:58	2:40	15	17:08	20	17:08	
Wechsel R -> L	-	0:30	-	12	0:08	15	0:08	20.50	55:28	2:42	15	17:12	20	17:12	
Rad Total	0.00	42:00	-	14	12:39	18	12:39	20.50	55:28	2:42	15	17:12	20	17:12	
Lauf	5.00	22:26	4:29	10	4:32	15	4:32	25.50	1:17:54	3:03	13	20:43	18	20:43	