



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Das fröhliche Formtief

Number: 380

Course: 25.50 km

Triathlonstaffel

Category:

Damen-Staffel

Total time: 1:11:21

Speed: 21.02 km/h

Running performance: 2:47 min/km

Rank in course: 13 (of 45)

Best time in course: 58:50

Rank in category: 1(of 8)

Best time in the category: 1:11:21

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen nett	0.50	8:00	16:00	1	-	7	1:56	0.50	8:00	16:00	1	-	7	1:56
Wechsel S -> R	-	1:41	-	4	0:08	25	0:27	0.50	9:41	-	1	-	6	0:57
Rad netto	20.00	39:25	1:58	1	-	28	9:06	20.50	49:06	2:23	1	-	18	9:46
Wechsel R -> L	-	0:37	-	5	0:10	27	0:11	20.50	49:43	-	1	-	18	9:49
Lauf	5.00	21:38	4:19	1	-	12	4:45	25.50	1:11:21	2:47	1	-	13	12:31