



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Immodream & Friends

Number: 418

Course: 25.50 km

Triathlonstaffel

Category:

Herren-Staffel

Total time: 1:05:37

Speed: 22.86 km/h

Running performance: 2:34 min/km

Rank in course: 5 (of 45)

Best time in course: 58:50

Rank in category: 2(of 7)

Best time in the category: 1:01:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Total	Behind Total	Pos Total	Behind Total							
Schwimmen nett	0.50	10:39	21:18	5	2:42	15	4:35	0.50	10:39	21:18	5	2:42	15	4:35		
Wechsel S -> R	-	1:14	-	1	-	1	-	0.50	11:53	-	5	2:30	14	3:09		
Rad netto	20.00	32:45	1:38	2	1:11	7	2:26	20.50	44:38	2:10	2	3:05	6	5:18		
Wechsel R -> L	-	0:26	-	1	-	1	-	20.50	45:04	-	2	2:55	6	5:10		
Lauf	5.00	20:33	4:06	4	3:40	8	3:40	25.50	1:05:37	2:34	2	3:55	5	6:47		