



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Hoheija

Number: 386

Course: 25.50 km

Triathlonstaffel

Category:

Herren-Staffel

Total time: 1:05:55

Speed: 22.76 km/h

Running performance: 2:35 min/km

Rank in course: 7 (of 45)

Best time in course: 58:50

Rank in category: 3(of 7)

Best time in the category: 1:01:42

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	
Schwimmen nett	0.50	9:10	18:19	3	1:13	12	3:06	0.50	9:10	18:19	3	1:13	12	3:06	
Wechsel S -> R	-	1:55	-	7	0:41	39	0:41	0.50	11:05	-	3	1:42	12	2:21	
Rad netto	20.00	37:17	1:51	5	5:43	23	6:58	20.50	48:22	2:21	4	6:49	15	9:02	
Wechsel R -> L	-	0:40	-	6	0:14	35	0:14	20.50	49:02	-	5	6:53	16	9:08	
Lauf	5.00	16:53	3:22	1	-	1	-	25.50	1:05:55	2:35	3	4:13	7	7:05	