



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

### Kite IT Männer-Power

Club: Kite IT  
Number: 392

Course: 25.50 km  
Triathlonstaffel

Category:  
Herren-Staffel

Total time: 1:10:42

Speed: 21.22 km/h  
Running performance: 2:46 min/km

Rank in course: 12 (of 45)

Best time in course: 58:50

Rank in category: 4(of 7)

Best time in the category: 1:01:42

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Schwimmen nett	0.50	11:34	23:07	7	3:37	26	5:30	0.50	11:34	23:07	7	3:37	26	5:30
Wechsel S -> R	-	1:30	-	4	0:16	12	0:16	0.50	13:04	-	7	3:41	24	4:20
Rad netto	20.00	33:15	1:39	3	1:41	8	2:56	20.50	46:19	2:15	3	4:46	11	6:59
Wechsel R -> L	-	0:34	-	4	0:08	17	0:08	20.50	46:53	-	3	4:44	11	6:59
Lauf	5.00	23:49	4:45	5	6:56	18	6:56	25.50	1:10:42	2:46	4	9:00	12	11:52