



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

SV Bembel

Club: SSG Bensheim

Number: 381

Course: 25.50 km

Triathlonstaffel

Category:

Herren-Staffel

Total time: 1:13:06

Speed: 20.52 km/h

Running performance: 2:51 min/km

Rank in course: 16 (of 45)

Best time in course: 58:50

Rank in category: 5(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Total	Behind Total	Total km	Total Time			Pos Total	Behind Total	
Schwimmen nett	0.50	7:57	15:54	1	-	6	1:53	0.50	7:57	15:54	1	-	6	1:53
Wechsel S -> R	-	1:26	-	2	0:12	6	0:12	0.50	9:23	-	1	-	5	0:39
Rad netto	20.00	43:58	2:11	7	12:24	39	13:39	20.50	53:21	2:36	7	11:48	30	14:01
Wechsel R -> L	-	0:29	-	2	0:03	4	0:03	20.50	53:50	-	6	11:41	28	13:56
Lauf	5.00	19:16	3:51	2	2:23	6	2:23	25.50	1:13:06	2:51	5	11:24	16	14:16