



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Pommes Rohde Weis

Number: 443

Course: 25.50 km

Triathlonstaffel

Category:

Herren-Staffel

Total time: 1:23:34

Speed: 17.95 km/h

Running performance: 3:16 min/km

Rank in course: 33 (of 45)

Best time in course: 58:50

Rank in category: 7(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	10:40	21:19	6	2:43	16	4:36	0.50	10:40	21:19	6	2:43	16	4:36
Wechsel S -> R	-	1:33	-	5	0:19	14	0:19	0.50	12:13	-	6	2:50	15	3:29
Rad netto	20.00	41:06	2:03	6	9:32	36	10:47	20.50	53:19	2:36	6	11:46	29	13:59
Wechsel R -> L	-	0:51	-	7	0:25	42	0:25	20.50	54:10	-	7	12:01	30	14:16
Lauf	5.00	29:24	5:52	7	12:31	42	12:31	25.50	1:23:34	3:16	7	21:52	33	24:44