



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Die Staffelanier

Number: 409

Course: 25.50 km

Triathlonstaffel

Category:

Mixed-Staffel

Total time: 58:50

Speed: 25.50 km/h

Running performance: 2:18 min/km

Rank in course: 1 (of 45)

Best time in course: 58:50

Rank in category: 1(of 30)

Best time in the category: 58:50

### 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	7:28	14:56	3	1:24	3	1:24	0.50	7:28	14:56	3	1:24	3	1:24
Wechsel S -> R	-	1:33	-	10	0:12	14	0:19	0.50	9:01	-	2	0:17	2	0:17
Rad netto	20.00	30:19	1:30	1	-	1	-	20.50	39:20	1:55	1	-	1	-
Wechsel R -> L	-	0:34	-	12	0:06	17	0:08	20.50	39:54	-	1	-	1	-
Lauf	5.00	18:56	3:47	4	1:12	5	2:03	25.50	58:50	2:18	1	-	1	-