



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

HR-Trio: Flott auch ohne E-Antrieb

Total time: 1:05:18

Number: 388

Speed: 22.97 km/h

Running performance: 2:33 min/km

Course: 25.50 km

Triathlonstaffel

Rank in course: 4 (of 45)

Best time in course: 58:50

Category:

Rank in category: 3(of 30)

Mixed-Staffel

Best time in the category: 58:50

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	
Schwimmen nett	0.50	12:51	25:41	24	6:47	35	6:47	0.50	12:51	25:41	24	6:47	35	6:47	
Wechsel S -> R	-	1:30	-	9	0:09	12	0:16	0.50	14:21	-	22	5:37	33	5:37	
Rad netto	20.00	31:48	1:35	4	1:29	5	1:29	20.50	46:09	2:15	6	6:49	8	6:49	
Wechsel R -> L	-	0:29	-	2	0:01	4	0:03	20.50	46:38	-	5	6:44	7	6:44	
Lauf	5.00	18:40	3:44	3	0:56	4	1:47	25.50	1:05:18	2:33	3	6:28	4	6:28	