



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Eat pasta be fasta

Number: 410

Course: 25.50 km

Triathlonstaffel

Category:

Mixed-Staffel

Total time: 1:05:49

Speed: 22.79 km/h

Running performance: 2:34 min/km

Rank in course: 6 (of 45)

Best time in course: 58:50

Rank in category: 4(of 30)

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			Total ranking		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	7:33	15:05	4	1:29	4	1:29	0.50	7:33	15:05	4	1:29	4	1:29
Wechsel S -> R	-	1:42	-	18	0:21	27	0:28	0.50	9:15	-	3	0:31	3	0:31
Rad netto	20.00	34:35	1:43	9	4:16	12	4:16	20.50	43:50	2:08	3	4:30	4	4:30
Wechsel R -> L	-	0:34	-	12	0:06	17	0:08	20.50	44:24	-	3	4:30	4	4:30
Lauf	5.00	21:25	4:16	7	3:41	11	4:32	25.50	1:05:49	2:34	4	6:59	6	6:59