



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Die taffen Giraffen

Number: 399

Course: 25.50 km

Triathlonstaffel

Category:

Damen-Staffel

Total time: 1:16:41

Speed: 19.56 km/h

Running performance: 3:00 min/km

Rank in course: 23 (of 45)

Best time in course: 58:50

Rank in category: 2(of 8)

Best time in the category: 1:11:21

### 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			Total min/km	Pos Total	Behind Total
Schwimmen nett	0.50	11:18	22:36	3	3:18	22	5:14	0.50	11:18	22:36	3	3:18	22	5:14
Wechsel S -> R	-	1:35	-	2	0:02	17	0:21	0.50	12:53	-	3	3:12	19	4:09
Rad netto	20.00	39:38	1:58	2	0:13	29	9:19	20.50	52:31	2:33	2	3:25	27	13:11
Wechsel R -> L	-	0:27	-	1	-	2	0:01	20.50	52:58	-	2	3:15	27	13:04
Lauf	5.00	23:43	4:44	2	2:05	17	6:50	25.50	1:16:41	3:00	2	5:20	23	17:51