



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Tritema

Club: VfL Marburg Schwimmen

Number: 391

Course: 25.50 km

Triathlonstaffel

Category:

Mixed-Staffel

Total time: 1:07:19

Speed: 22.28 km/h

Running performance: 2:38 min/km

Rank in course: 8 (of 45)

Best time in course: 58:50

Rank in category: 5 (of 30)

Best time in the category: 58:50

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	7:08	14:16	2	1:04	2	1:04	0.50	7:08	14:16	2	1:04	2	1:04
Wechsel S -> R	-	1:36	-	12	0:15	19	0:22	0.50	8:44	-	1	-	1	-
Rad netto	20.00	34:31	1:43	8	4:12	11	4:12	20.50	43:15	2:06	2	3:55	3	3:55
Wechsel R -> L	-	0:39	-	23	0:11	33	0:13	20.50	43:54	-	2	4:00	3	4:00
Lauf	5.00	23:25	4:41	10	5:41	15	6:32	25.50	1:07:19	2:38	5	8:29	8	8:29