



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Flying Free

Total time: 1:08:06

Number: 390

Speed: 22.03 km/h

Running performance: 2:40 min/km

Course: 25.50 km

Triathlonstaffel

Rank in course: 9 (of 45)

Best time in course: 58:50

Category:

Rank in category: 6(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			Pos		Behind	
						Pos Total	Behind Total	km	Time	min/km	Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen nett	0.50	12:25	24:49	22	6:21	33	6:21	0.50	12:25	24:49	22	6:21	33	6:21
Wechsel S -> R	-	1:54	-	26	0:33	37	0:40	0.50	14:19	-	21	5:35	32	5:35
Rad netto	20.00	31:51	1:35	5	1:32	6	1:32	20.50	46:10	2:15	7	6:50	9	6:50
Wechsel R -> L	-	0:33	-	8	0:05	13	0:07	20.50	46:43	-	6	6:49	8	6:49
Lauf	5.00	21:23	4:16	6	3:39	10	4:30	25.50	1:08:06	2:40	6	9:16	9	9:16