



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Tempo, kleine Schnecke!

Number: 417

Course: 25.50 km

Triathlonstaffel

Category:

Mixed-Staffel

Total time: 1:10:26

Speed: 21.30 km/h

Running performance: 2:45 min/km

Rank in course: 11 (of 45)

Best time in course: 58:50

Rank in category: 8(of 30)

Best time in the category: 58:50

Intermediate times

Stage score

Total ranking

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	13:00	26:00	25	6:56	36	6:56	0.50	13:00	26:00	25	6:56	36	6:56	
Wechsel S -> R	-	1:35	-	11	0:14	17	0:21	0.50	14:35	-	23	5:51	34	5:51	
Rad netto	20.00	31:10	1:33	3	0:51	3	0:51	20.50	45:45	2:13	5	6:25	7	6:25	
Wechsel R -> L	-	1:00	-	29	0:32	44	0:34	20.50	46:45	-	8	6:51	10	6:51	
Lauf	5.00	23:41	4:44	11	5:57	16	6:48	25.50	1:10:26	2:45	8	11:36	11	11:36	