



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Staffelstübchen

Total time: 1:13:32

Number: 387

Speed: 20.40 km/h

Running performance: 2:53 min/km

Course: 25.50 km

Triathlonstaffel

Rank in course: 18 (of 45)

Best time in course: 58:50

Category:

Rank in category: 12(of 30)

Mixed-Staffel

Best time in the category: 58:50

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Schwimmen nett	0.50	7:56	15:52	5	1:52	5	1:52	0.50	7:56	15:52	5	1:52	5	1:52
Wechsel S -> R	-	1:21	-	1	-	2	0:07	0.50	9:17	-	4	0:33	4	0:33
Rad netto	20.00	38:39	1:55	21	8:20	26	8:20	20.50	47:56	2:20	11	8:36	14	8:36
Wechsel R -> L	-	0:33	-	8	0:05	13	0:07	20.50	48:29	-	11	8:35	14	8:35
Lauf	5.00	25:03	5:00	16	7:19	27	8:10	25.50	1:13:32	2:53	12	14:42	18	14:42