



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Schwimmbadverein Sonderbach

Club: Schwimmbadverein Sonderbach

Number: 411

Course: 25.50 km

Triathlonstaffel

Category:

Mixed-Staffel

Total time: 1:14:11

Speed: 20.22 km/h

Running performance: 2:54 min/km

Rank in course: 20 (of 45)

Best time in course: 58:50

Rank in category: 13(of 30)

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 ranking						
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen nett	0.50	11:00	22:00	10	4:56	17	4:56	0.50	11:00	22:00	10	4:56	17	4:56
Wechsel S -> R	-	1:28	-	7	0:07	10	0:14	0.50	12:28	-	9	3:44	16	3:44
Rad netto	20.00	37:14	1:51	17	6:55	21	6:55	20.50	49:42	2:25	13	10:22	19	10:22
Wechsel R -> L	-	0:35	-	17	0:07	23	0:09	20.50	50:17	-	13	10:23	19	10:23
Lauf	5.00	23:54	4:46	12	6:10	19	7:01	25.50	1:14:11	2:54	13	15:21	20	15:21