



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Allez les Poulets

Number: 403

Course: 25.50 km

Triathlonstaffel

Category:

Damen-Staffel

Total time: 1:18:18

Speed: 19.16 km/h

Running performance: 3:04 min/km

Rank in course: 29 (of 45)

Best time in course: 58:50

Rank in category: 3(of 8)

Best time in the category: 1:11:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Total	Behind Total	Pos Total	Behind Total							
Schwimmen nett	0.50	11:22	22:44	4	3:22	24	5:18	0.50	11:22	22:44	4	3:22	24	5:18		
Wechsel S -> R	-	1:40	-	3	0:07	22	0:26	0.50	13:02	-	4	3:21	22	4:18		
Rad netto	20.00	40:16	2:00	4	0:51	32	9:57	20.50	53:18	2:35	3	4:12	28	13:58		
Wechsel R -> L	-	0:35	-	3	0:08	23	0:09	20.50	53:53	-	3	4:10	29	13:59		
Lauf	5.00	24:25	4:53	4	2:47	21	7:32	25.50	1:18:18	3:04	3	6:57	29	19:28		