



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Ausdauer Allianz

Number: 405

Course: 25.50 km

Triathlonstaffel

Category:

Mixed-Staffel

Total time: 1:16:15

Speed: 19.67 km/h

Running performance: 2:59 min/km

Rank in course: 22 (of 45)

Best time in course: 58:50

Rank in category: 15(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			Pos		Behind	
						Pos Total	Behind Total	km	Time	min/km	Cat.	Cat.	Total	Total
Schwimmen nett	0.50	11:33	23:06	15	5:29	25	5:29	0.50	11:33	23:06	15	5:29	25	5:29
Wechsel S -> R	-	1:27	-	5	0:06	7	0:13	0.50	13:00	-	12	4:16	21	4:16
Rad netto	20.00	37:15	1:51	18	6:56	22	6:56	20.50	50:15	2:27	17	10:55	23	10:55
Wechsel R -> L	-	0:37	-	18	0:09	27	0:11	20.50	50:52	-	17	10:58	23	10:58
Lauf	5.00	25:23	5:04	18	7:39	29	8:30	25.50	1:16:15	2:59	15	17:25	22	17:25