



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Rocket

Total time: 1:16:49

Number: 416

Speed: 19.53 km/h

Running performance: 3:00 min/km

Course: 25.50 km

Triathlonstaffel

Rank in course: 24 (of 45)

Best time in course: 58:50

Category:

Rank in category: 16(of 30)

Mixed-Staffel

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	8:17	16:33	6	2:13	9	2:13	0.50	8:17	16:33	6	2:13	9	2:13	
Wechsel S -> R	-	1:48	-	20	0:27	30	0:34	0.50	10:05	-	6	1:21	9	1:21	
Rad netto	20.00	48:31	2:25	29	18:12	44	18:12	20.50	58:36	2:51	26	19:16	38	19:16	
Wechsel R -> L	-	0:29	-	2	0:01	4	0:03	20.50	59:05	-	25	19:11	37	19:11	
Lauf	5.00	17:44	3:32	1	-	2	0:51	25.50	1:16:49	3:00	16	17:59	24	17:59	