



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Team EXPERT one

Club: Lorsch

Number: 401

Course: 25.50 km

Triathlonstaffel

Category:

Mixed-Staffel

Total time: 1:16:51

Speed: 19.52 km/h

Running performance: 3:00 min/km

Rank in course: 25 (of 45)

Best time in course: 58:50

Rank in category: 17(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.	Pos Total	Behind Total	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen nett	0.50	11:18	22:36	14	5:14	22	5:14	0.50	11:18	22:36	14	5:14	22	5:14
Wechsel S -> R	-	1:51	-	23	0:30	34	0:37	0.50	13:09	-	14	4:25	25	4:25
Rad netto	20.00	38:31	1:55	20	8:12	25	8:12	20.50	51:40	2:31	20	12:20	26	12:20
Wechsel R -> L	-	0:34	-	12	0:06	17	0:08	20.50	52:14	-	20	12:20	26	12:20
Lauf	5.00	24:37	4:55	14	6:53	25	7:44	25.50	1:16:51	3:00	17	18:01	25	18:01