



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

just for joy

Number: 383

Course: 25.50 km

Triathlonstaffel

Category:

Mixed-Staffel

Total time: 1:18:40

Speed: 19.07 km/h

Running performance: 3:05 min/km

Rank in course: 31 (of 45)

Best time in course: 58:50

Rank in category: 22(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	15:28	30:56	26	9:24	40	9:24	0.50	15:28	30:56	26	9:24	40	9:24
Wechsel S -> R	-	1:24	-	3	0:03	4	0:10	0.50	16:52	-	25	8:08	38	8:08
Rad netto	20.00	36:47	1:50	15	6:28	18	6:28	20.50	53:39	2:37	21	14:19	31	14:19
Wechsel R -> L	-	0:33	-	8	0:05	13	0:07	20.50	54:12	-	21	14:18	31	14:18
Lauf	5.00	24:28	4:53	13	6:44	22	7:35	25.50	1:18:40	3:05	22	19:50	31	19:50