



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Lauftreff SKG Bensheim-Zell

Club: SKG Bensheim-Zell

Number: 398

Course: 25.50 km

Triathlonstaffel

Category:

Mixed-Staffel

Total time: 1:22:23

Speed: 18.21 km/h

Running performance: 3:13 min/km

Rank in course: 32 (of 45)

Best time in course: 58:50

Rank in category: 23(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 ranking						
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen nett	0.50	6:04	12:07	1	-	1	-	0.50	6:04	12:07	1	-	1	-
Wechsel S -> R	-	12:20	-	30	10:59	45	11:06	0.50	18:24	-	28	9:40	42	9:40
Rad netto	20.00	40:01	2:00	23	9:42	30	9:42	20.50	58:25	2:50	25	19:05	37	19:05
Wechsel R -> L	-	0:42	-	25	0:14	38	0:16	20.50	59:07	-	26	19:13	38	19:13
Lauf	5.00	23:16	4:39	9	5:32	14	6:23	25.50	1:22:23	3:13	23	23:33	32	23:33