



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

JSI

Total time: 1:23:41

Number: 419

Speed: 17.92 km/h

Running performance: 3:16 min/km

Course: 25.50 km

Triathlonstaffel

Rank in course: 34 (of 45)

Best time in course: 58:50

Category:

Rank in category: 4(of 8)

Damen-Staffel

Best time in the category: 1:11:21

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	16:31	33:01	8	8:31	43	10:27	0.50	16:31	33:01	8	8:31	43	10:27	
Wechsel S -> R	-	1:54	-	6	0:21	37	0:40	0.50	18:25	-	8	8:44	43	9:41	
Rad netto	20.00	40:11	2:00	3	0:46	31	9:52	20.50	58:36	2:51	6	9:30	38	19:16	
Wechsel R -> L	-	0:36	-	4	0:09	25	0:10	20.50	59:12	-	6	9:29	39	19:18	
Lauf	5.00	24:29	4:53	5	2:51	23	7:36	25.50	1:23:41	3:16	4	12:20	34	24:51	