



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Sandbox Warriors

Number: 379

Course: 25.50 km

Triathlonstaffel

Category:

Mixed-Staffel

Total time: 1:37:14

Speed: 15.43 km/h

Running performance: 3:48 min/km

Rank in course: 44 (of 45)

Best time in course: 58:50

Rank in category: 29(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	12:05	24:10	20	6:01	31	6:01	0.50	12:05	24:10	20	6:01	31	6:01	
Wechsel S -> R	-	2:07	-	27	0:46	42	0:53	0.50	14:12	-	20	5:28	31	5:28	
Rad netto	20.00	53:22	2:40	30	23:03	45	23:03	20.50	1:07:34	3:17	30	28:14	45	28:14	
Wechsel R -> L	-	0:58	-	28	0:30	43	0:32	20.50	1:08:32	-	30	28:38	45	28:38	
Lauf	5.00	28:42	5:44	27	10:58	39	11:49	25.50	1:37:14	3:48	29	38:24	44	38:24	