



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Schön Klinik Lorsch 2

Club: Schön Klinik Lorsch

Number: 407

Course: 25.50 km

Triathlonstaffel

Category:

Damen-Staffel

Total time: 1:24:29

Speed: 17.75 km/h

Running performance: 3:18 min/km

Rank in course: 37 (of 45)

Best time in course: 58:50

Rank in category: 5(of 8)

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	11:15	22:30	2	3:15	21	5:11	0.50	11:15	22:30	2	3:15	21	5:11	
Wechsel S -> R	-	1:33	-	1	-	14	0:19	0.50	12:48	-	2	3:07	18	4:04	
Rad netto	20.00	46:48	2:20	7	7:23	41	16:29	20.50	59:36	2:54	7	10:30	40	20:16	
Wechsel R -> L	-	0:32	-	2	0:05	10	0:06	20.50	1:00:08	-	7	10:25	40	20:14	
Lauf	5.00	24:21	4:52	3	2:43	20	7:28	25.50	1:24:29	3:18	5	13:08	37	25:39	