



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

### Kite IT Frauen-Power

Club: Kite IT  
Number: 393

Course: 25.50 km  
Triathlonstaffel

Category:  
Damen-Staffel

Total time: 1:29:03

Speed: 16.84 km/h  
Running performance: 3:29 min/km

Rank in course: 42 (of 45)

Best time in course: 58:50

Rank in category: 7(of 8)

Best time in the category: 1:11:21

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Schwimmen nett	0.50	13:43	27:26	6	5:43	38	7:39	0.50	13:43	27:26	6	5:43	38	7:39
Wechsel S -> R	-	1:58	-	7	0:25	40	0:44	0.50	15:41	-	6	6:00	37	6:57
Rad netto	20.00	41:18	2:03	6	1:53	37	10:59	20.50	56:59	2:46	4	7:53	34	17:39
Wechsel R -> L	-	0:42	-	8	0:15	38	0:16	20.50	57:41	-	4	7:58	34	17:47
Lauf	5.00	31:22	6:16	8	9:44	44	14:29	25.50	1:29:03	3:29	7	17:42	42	30:13