



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

InAnKa

Total time: 1:29:55

Number: 415

Speed: 16.68 km/h

Running performance: 3:31 min/km

Course: 25.50 km

Triathlonstaffel

Rank in course: 43 (of 45)

Best time in course: 58:50

Category:

Rank in category: 8(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	13:12	26:23	5	5:12	37	7:08	0.50	13:12	26:23	5	5:12	37	7:08	
Wechsel S -> R	-	1:50	-	5	0:17	33	0:36	0.50	15:02	-	5	5:21	36	6:18	
Rad netto	20.00	47:13	2:21	8	7:48	42	16:54	20.50	1:02:15	3:02	8	13:09	44	22:55	
Wechsel R -> L	-	0:40	-	6	0:13	35	0:14	20.50	1:02:55	-	8	13:12	43	23:01	
Lauf	5.00	27:00	5:24	6	5:22	35	10:07	25.50	1:29:55	3:31	8	18:34	43	31:05	