



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Das Generationen-Team

Club: SSG Bensheim

Number: 394

Course: 25.50 km

Triathlonstaffel

Category:

Herren-Staffel

Total time: 1:01:42

Speed: 24.31 km/h

Running performance: 2:25 min/km

Rank in course: 2 (of 45)

Best time in course: 58:50

Rank in category: 1(of 7)

Best time in the category: 1:01:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Total	Behind Total	Total km	Total Time	Total min/km			Pos Total	Behind Total
Schwimmen nett	0.50	8:13	16:26	2	0:16	8	2:09	0.50	8:13	16:26	2	0:16	8	2:09
Wechsel S -> R	-	1:46	-	6	0:32	29	0:32	0.50	9:59	-	2	0:36	7	1:15
Rad netto	20.00	31:34	1:34	1	-	4	1:15	20.50	41:33	2:01	1	-	2	2:13
Wechsel R -> L	-	0:36	-	5	0:10	25	0:10	20.50	42:09	-	1	-	2	2:15
Lauf	5.00	19:33	3:54	3	2:40	7	2:40	25.50	1:01:42	2:25	1	-	2	2:52