



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Ruben Wiedemann

Total time: 1:04:08

Club: RV03 Bürstadt

Number: 120

Course: 25.50 km

Rank in course/Total: 13 (of 354)

Lorsch Triathlon

Rank in course/Men: 12 (of 254)

Best time in course: 58:26

Category:

Rank in category: 1(of 10)

männliche AK 1 (TM 20)

Best time in the category: 1:04:08

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	8:25	16:49	1	-	11	1:38	0.50	8:25	16:49	1	-	255	1:38
Wechsel S -> R	-	1:33	-	1	-	8	1:33	0.50	9:58	19:56	1	-	255	1:50
Schwimmen Total	0.50	9:58	19:56	1	-	255	1:50	0.50	9:58	19:56	1	-	255	1:50
Rad netto	20.00	33:57	1:41	1	-	25	8:12	20.50	43:55	2:08	1	-	255	4:58
Wechsel R -> L	-	0:37	-	1	-	9	0:05	20.50	44:32	2:10	1	-	255	4:43
Rad Total	20.00	34:34	1:43	1	-	22	7:51	20.50	44:32	2:10	1	-	255	4:43
Lauf Ziel	5.00	19:36	3:55	1	-	21	2:49	25.50	1:04:08	2:30	1	-	12	5:42