



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Adrian Merkel

Total time: 1:10:04

Club: speedikon FM AG

Number: 310

Course: 25.50 km

Rank in course/Total: 48 (of 354)

Lorsch Triathlon

Rank in course/Men: 44 (of 254)

Best time in course: 58:26

Category:

Rank in category: 11(of 23)

Senioren 1 (TM 40)

Best time in the category: 1:02:23

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	11:11	22:22	17	3:37	126	4:24	0.50	11:11	22:22	24	3:37	255	4:24
Wechsel S -> R	-	2:43	-	17	1:11	106	2:43	0.50	13:54	27:48	24	4:04	255	5:46
Schwimmen Total	0.50	13:54	27:48	24	4:04	255	5:46	0.50	13:54	27:48	24	4:04	255	5:46
Rad netto	20.00	35:07	1:45	9	3:13	49	9:22	20.50	49:01	2:23	24	6:54	255	10:04
Wechsel R -> L	-	1:04	-	9	0:22	94	0:32	20.50	50:05	2:26	24	7:08	255	10:16
Rad Total	20.00	36:11	1:48	9	3:27	48	9:28	20.50	50:05	2:26	24	7:08	255	10:16
Lauf Ziel	5.00	19:59	3:59	8	1:03	27	3:12	25.50	1:10:04	2:44	11	7:41	44	11:38