



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

David Apfelthaler

Total time: 1:10:20

Number: 376

Course: 25.50 km

Lorsch Triathlon

Rank in course/Total: 50 (of 354)

Rank in course/Men: 46 (of 254)

Best time in course: 58:26

Category:

Senioren 1 (TM 40)

Rank in category: 12(of 23)

Best time in the category: 1:02:23

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	9:21	18:41	10	1:47	42	2:34	0.50	9:21	18:41	24	1:47	255	2:34
Wechsel S -> R	-	2:08	-	11	0:36	50	2:08	0.50	11:29	22:57	24	1:39	255	3:21
Schwimmen Total	0.50	11:29	22:57	24	1:39	255	3:21	0.50	11:29	22:57	24	1:39	255	3:21
Rad netto	20.00	35:18	1:45	10	3:24	52	9:33	20.50	46:47	2:16	24	4:40	255	7:50
Wechsel R -> L	-	1:11	-	14	0:29	121	0:39	20.50	47:58	2:20	24	5:01	255	8:09
Rad Total	20.00	36:29	1:49	10	3:45	53	9:46	20.50	47:58	2:20	24	5:01	255	8:09
Lauf Ziel	5.00	22:22	4:28	15	3:26	86	5:35	25.50	1:10:20	2:45	12	7:57	46	11:54