



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Thorsten Kies

Total time: 1:10:53

Club: TTV Topspin Lorsch

Number: 205

Course: 25.50 km

Rank in course/Total: 54 (of 354)

Lorsch Triathlon

Rank in course/Men: 50 (of 254)

Best time in course: 58:26

Category:

Rank in category: 13(of 23)

Senioren 1 (TM 40)

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.	Stage score		Total			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Schwimmen nett	0.50	11:36	23:11	18	4:02	147	4:49	0.50	11:36	23:11	24	4:02	255	4:49
Wechsel S -> R	-	2:17	-	14	0:45	65	2:17	0.50	13:53	27:45	24	4:03	255	5:45
Schwimmen Total	0.50	13:53	27:45	24	4:03	255	5:45	0.50	13:53	27:45	24	4:03	255	5:45
Rad netto	20.00	36:47	1:50	15	4:53	91	11:02	20.50	50:40	2:28	24	8:33	255	11:43
Wechsel R -> L	-	1:03	-	8	0:21	92	0:31	20.50	51:43	2:31	24	8:46	255	11:54
Rad Total	20.00	37:50	1:53	14	5:06	82	11:07	20.50	51:43	2:31	24	8:46	255	11:54
Lauf Ziel	5.00	19:10	3:50	2	0:14	12	2:23	25.50	1:10:53	2:46	13	8:30	50	12:27