



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Patrick Zarembowicz

Total time: 1:13:09

Number: 373

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 82 (of 354)

Rank in course/Men: 74 (of 254)

Best time in course: 58:26

Category:

Senioren 1 (TM 40)

Rank in category: 15(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	9:19	18:37	9	1:45	40	2:32	0.50	9:19	18:37	24	1:45	255	2:32
Wechsel S -> R	-	1:52	-	8	0:20	28	1:52	0.50	11:11	22:22	24	1:21	255	3:03
Schwimmen Total	0.50	11:11	22:22	24	1:21	255	3:03	0.50	11:11	22:22	24	1:21	255	3:03
Rad netto	20.00	36:38	1:49	13	4:44	82	10:53	20.50	47:49	2:19	24	5:42	255	8:52
Wechsel R -> L	-	0:54	-	7	0:12	64	0:22	20.50	48:43	2:22	24	5:46	255	8:54
Rad Total	20.00	37:32	1:52	13	4:48	75	10:49	20.50	48:43	2:22	24	5:46	255	8:54
Lauf Ziel	5.00	24:26	4:53	20	5:30	137	7:39	25.50	1:13:09	2:52	15	10:46	74	14:43