



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Vladimir Baus

Total time: 1:21:33

Number: 212

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 200 (of 354)

Rank in course/Men: 167 (of 254)

Best time in course: 58:26

Category:

Rank in category: 21(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	12:24	24:48	20	4:50	182	5:37	0.50	12:24	24:48	24	4:50	255	5:37
Wechsel S -> R	-	2:59	-	18	1:27	141	2:59	0.50	15:23	30:45	24	5:33	255	7:15
Schwimmen Total	0.50	15:23	30:45	24	5:33	255	7:15	0.50	15:23	30:45	24	5:33	255	7:15
Rad netto	20.00	37:48	1:53	16	5:54	121	12:03	20.50	53:11	2:35	24	11:04	255	14:14
Wechsel R -> L	-	1:14	-	16	0:32	132	0:42	20.50	54:25	2:39	24	11:28	138	14:36
Rad Total	20.00	39:02	1:57	16	6:18	121	12:19	20.50	54:25	2:39	24	11:28	138	14:36
Lauf Ziel	5.00	27:08	5:25	21	8:12	194	10:21	25.50	1:21:33	3:11	21	19:10	167	23:07