



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Sascha Völpel

Club: Ludwigshafener SV 07

Number: 278

Course: 25.50 km

Lorsch Triathlon

Category:

Senioren 2 (TM 45)

Total time: 1:09:17

Rank in course/Total: 43 (of 354)

Rank in course/Men: 40 (of 254)

Best time in course: 58:26

Rank in category: 5(of 25)

Best time in the category: 1:03:22

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	9:57	19:53	10	1:40	65	3:10	0.50	9:57	19:53	26	1:40	255	3:10
Wechsel S -> R	-	1:47	-	2	0:17	19	1:47	0.50	11:44	23:27	26	1:19	255	3:36
Schwimmen Total	0.50	11:44	23:27	26	1:19	255	3:36	0.50	11:44	23:27	26	1:19	255	3:36
Rad netto	20.00	34:36	1:43	7	2:52	41	8:51	20.50	46:20	2:15	26	2:30	255	7:23
Wechsel R -> L	-	1:14	-	13	0:37	132	0:42	20.50	47:34	2:19	26	2:54	255	7:45
Rad Total	20.00	35:50	1:47	8	2:03	42	9:07	20.50	47:34	2:19	26	2:54	255	7:45
Lauf Ziel	5.00	21:43	4:20	6	3:05	68	4:56	25.50	1:09:17	2:43	5	5:55	40	10:51