



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Andreas Lauer

Total time: 1:09:23

Club: SG STERN

Number: 339

Course: 25.50 km

Rank in course/Total: 45 (of 354)

Lorsch Triathlon

Rank in course/Men: 41 (of 254)

Best time in course: 58:26

Category:

Rank in category: 6(of 25)

Senioren 2 (TM 45)

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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	11:22	22:44	17	3:05	135	4:35	0.50	11:22	22:44	26	3:05	255	4:35
Wechsel S -> R	-	2:27	-	9	0:57	76	2:27	0.50	13:49	27:37	26	3:24	255	5:41
Schwimmen Total	0.50	13:49	27:37	26	3:24	255	5:41	0.50	13:49	27:37	26	3:24	255	5:41
Rad netto	20.00	31:44	1:35	1	-	4	5:59	20.50	45:33	2:13	26	1:43	255	6:36
Wechsel R -> L	-	2:03	-	23	1:26	235	1:31	20.50	47:36	2:19	26	2:56	255	7:47
Rad Total	20.00	33:47	1:41	1	-	9	7:04	20.50	47:36	2:19	26	2:56	255	7:47
Lauf Ziel	5.00	21:47	4:21	7	3:09	70	5:00	25.50	1:09:23	2:43	6	6:01	41	10:57