



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Dirk Arhelger

Total time: 1:15:36

Number: 186

Course: 25.50 km  
Lorsch Triathlon

Rank in course/Total: 115 (of 354)

Rank in course/Men: 100 (of 254)

Best time in course: 58:26

Category:

Rank in category: 14(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	11:08	22:15	16	2:51	123	4:21	0.50	11:08	22:15	26	2:51	255	4:21
Wechsel S -> R	-	2:31	-	10	1:01	84	2:31	0.50	13:39	27:18	26	3:14	255	5:31
Schwimmen Total	0.50	13:39	27:18	26	3:14	255	5:31	0.50	13:39	27:18	26	3:14	255	5:31
Rad netto	20.00	38:14	1:54	16	6:30	135	12:29	20.50	51:53	2:31	26	8:03	255	12:56
Wechsel R -> L	-	1:22	-	18	0:45	157	0:50	20.50	53:15	2:35	26	8:35	255	13:26
Rad Total	20.00	39:36	1:58	17	5:49	137	12:53	20.50	53:15	2:35	26	8:35	255	13:26
Lauf Ziel	5.00	22:21	4:28	9	3:43	85	5:34	25.50	1:15:36	2:57	14	12:14	100	17:10