



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Rouven Geiger

Club: Rugby Club Worms
Number: 314

Course: 25.50 km
Lorsch Triathlon

Category:
Senioren 2 (TM 45)

Total time: 1:16:31

Rank in course/Total: 133 (of 354)

Rank in course/Men: 117 (of 254)

Best time in course: 58:26

Rank in category: 18(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	8:56	17:52	4	0:39	23	2:09	0.50	8:56	17:52	26	0:39	255	2:09
Wechsel S -> R	-	3:16	-	19	1:46	172	3:16	0.50	12:12	24:23	26	1:47	255	4:04
Schwimmen Total	0.50	12:12	24:23	26	1:47	255	4:04	0.50	12:12	24:23	26	1:47	255	4:04
Rad netto	20.00	39:02	1:57	19	7:18	162	13:17	20.50	51:14	2:29	26	7:24	255	12:17
Wechsel R -> L	-	0:52	-	8	0:15	55	0:20	20.50	52:06	2:32	26	7:26	102	12:17
Rad Total	20.00	39:54	1:59	18	6:07	143	13:11	20.50	52:06	2:32	26	7:26	102	12:17
Lauf Ziel	5.00	24:25	4:53	15	5:47	136	7:38	25.50	1:16:31	3:00	18	13:09	117	18:05