



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Markus Goldhorn

Total time: 1:17:49

Club: SV Hellas Brühl

Number: 35

Course: 25.50 km

Rank in course/Total: 149 (of 354)

Lorsch Triathlon

Rank in course/Men: 130 (of 254)

Best time in course: 58:26

Category:

Rank in category: 19(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	8:17	16:33	1	-	8	1:30	0.50	8:17	16:33	1	-	8	1:30
Wechsel S -> R	-	3:32	-	21	2:02	188	3:32	0.50	11:49	23:37	26	1:24	43	3:41
Schwimmen Total	0.50	11:49	23:37	26	1:24	43	3:41	0.50	11:49	23:37	26	1:24	43	3:41
Rad netto	20.00	38:33	1:55	17	6:49	144	12:48	20.50	50:22	2:27	26	6:32	97	11:25
Wechsel R -> L	-	0:46	-	4	0:09	35	0:14	20.50	51:08	2:29	26	6:28	80	11:19
Rad Total	20.00	39:19	1:57	16	5:32	131	12:36	20.50	51:08	2:29	26	6:28	80	11:19
Lauf Ziel	5.00	26:41	5:20	22	8:03	184	9:54	25.50	1:17:49	3:03	19	14:27	130	19:23