



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Jan Aloe

Total time: 1:22:06

Number: 254

Course: 25.50 km  
Lorsch Triathlon

Rank in course/Total: 205 (of 354)

Rank in course/Men: 169 (of 254)

Best time in course: 58:26

Category:

Senioren 2 (TM 45)

Rank in category: 20(of 25)

Best time in the category: 1:03:22

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	12:03	24:06	21	3:46	172	5:16	0.50	12:03	24:06	26	3:46	255	5:16
Wechsel S -> R	-	3:13	-	18	1:43	167	3:13	0.50	15:16	30:32	21	4:51	255	7:08
Schwimmen Total	0.50	15:16	30:32	21	4:51	255	7:08	0.50	15:16	30:32	21	4:51	255	7:08
Rad netto	20.00	40:40	2:01	21	8:56	192	14:55	20.50	55:56	2:43	22	12:06	255	16:59
Wechsel R -> L	-	0:37	-	1	-	9	0:05	20.50	56:33	2:45	21	11:53	255	16:44
Rad Total	20.00	41:17	2:03	21	7:30	181	14:34	20.50	56:33	2:45	21	11:53	255	16:44
Lauf Ziel	5.00	25:33	5:06	20	6:55	165	8:46	25.50	1:22:06	3:13	20	18:44	169	23:40