



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Dominik Lehmann

Total time: 1:22:59

Number: 169

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 218 (of 354)

Rank in course/Men: 178 (of 254)

Best time in course: 58:26

Category:

Senioren 2 (TM 45)

Rank in category: 22(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	10:03	20:06	11	1:46	72	3:16	0.50	10:03	20:06	26	1:46	255	3:16
Wechsel S -> R	-	3:42	-	22	2:12	191	3:42	0.50	13:45	27:30	26	3:20	255	5:37
Schwimmen Total	0.50	13:45	27:30	26	3:20	255	5:37	0.50	13:45	27:30	26	3:20	255	5:37
Rad netto	20.00	41:28	2:04	23	9:44	204	15:43	20.50	55:13	2:41	26	11:23	255	16:16
Wechsel R -> L	-	2:04	-	24	1:27	237	1:32	20.50	57:17	2:47	26	12:37	255	17:28
Rad Total	20.00	43:32	2:10	23	9:45	210	16:49	20.50	57:17	2:47	26	12:37	255	17:28
Lauf Ziel	5.00	25:42	5:08	21	7:04	168	8:55	25.50	1:22:59	3:15	22	19:37	178	24:33