



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Alexander Rittlinger

Total time: 1:06:00

Club: LSV Ladenburg

Number: 13

Course: 25.50 km

Rank in course/Total: 21 (of 354)

Lorsch Triathlon

Rank in course/Men: 19 (of 254)

Best time in course: 58:26

Category:

Rank in category: 4(of 27)

Senioren 3 (TM 50)

Best time in the category: 1:05:05

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	9:26	18:52	6	1:12	44	2:39	0.50	9:26	18:52	28	1:12	44	2:39
Wechsel S -> R	-	1:51	-	4	0:18	23	1:51	0.50	11:17	22:33	28	1:22	30	3:09
Schwimmen Total	0.50	11:17	22:33	28	1:22	30	3:09	0.50	11:17	22:33	28	1:22	30	3:09
Rad netto	20.00	33:04	1:39	3	2:05	11	7:19	20.50	44:21	2:09	4	0:09	19	5:24
Wechsel R -> L	-	1:07	-	12	0:32	109	0:35	20.50	45:28	2:13	4	0:28	19	5:39
Rad Total	20.00	34:11	1:42	5	2:10	13	7:28	20.50	45:28	2:13	4	0:28	19	5:39
Lauf Ziel	5.00	20:32	4:06	6	1:52	36	3:45	25.50	1:06:00	2:35	4	0:55	19	7:34