



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Sascha Lähn

Total time: 1:15:23

Club: TSG Maxdorf

Number: 150

Course: 25.50 km

Rank in course/Total: 111 (of 354)

Lorsch Triathlon

Rank in course/Men: 97 (of 254)

Best time in course: 58:26

Category:

Rank in category: 13(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.	Stage score		Total			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	9:12	18:23	3	0:58	32	2:25	0.50	9:12	18:23	28	0:58	255	2:25
Wechsel S -> R	-	2:50	-	17	1:17	120	2:50	0.50	12:02	24:03	28	2:07	48	3:54
Schwimmen Total	0.50	12:02	24:03	28	2:07	48	3:54	0.50	12:02	24:03	28	2:07	48	3:54
Rad netto	20.00	36:35	1:49	15	5:36	79	10:50	20.50	48:37	2:22	28	4:25	255	9:40
Wechsel R -> L	-	1:30	-	20	0:55	184	0:58	20.50	50:07	2:26	28	5:07	255	10:18
Rad Total	20.00	38:05	1:54	15	6:04	93	11:22	20.50	50:07	2:26	28	5:07	255	10:18
Lauf Ziel	5.00	25:16	5:03	16	6:36	156	8:29	25.50	1:15:23	2:57	13	10:18	97	16:57