



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Uwe Sommerschuh

Club: DJK SSG Bensheim

Number: 271

Course: 25.50 km

Lorsch Triathlon

Category:

Senioren 3 (TM 50)

Total time: 1:16:27

Rank in course/Total: 131 (of 354)

Rank in course/Men: 114 (of 254)

Best time in course: 58:26

Rank in category: 16(of 27)

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	11:40	23:19	19	3:26	153	4:53	0.50	11:40	23:19	19	3:26	153	4:53
Wechsel S -> R	-	2:05	-	6	0:32	45	2:05	0.50	13:45	27:30	13	3:50	255	5:37
Schwimmen Total	0.50	13:45	27:30	13	3:50	255	5:37	0.50	13:45	27:30	13	3:50	255	5:37
Rad netto	20.00	38:35	1:55	20	7:36	147	12:50	20.50	52:20	2:33	28	8:08	255	13:23
Wechsel R -> L	-	0:54	-	6	0:19	64	0:22	20.50	53:14	2:35	28	8:14	255	13:25
Rad Total	20.00	39:29	1:58	18	7:28	134	12:46	20.50	53:14	2:35	28	8:14	255	13:25
Lauf Ziel	5.00	23:13	4:38	13	4:33	104	6:26	25.50	1:16:27	2:59	16	11:22	114	18:01