



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Gregor Knop

Total time: 1:18:01

Number: 368

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 155 (of 354)

Rank in course/Men: 135 (of 254)

Best time in course: 58:26

Category:

Senioren 3 (TM 50)

Rank in category: 17(of 27)

Best time in the category: 1:05:05

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	11:37	23:14	18	3:23	148	4:50	0.50	11:37	23:14	28	3:23	255	4:50
Wechsel S -> R	-	3:05	-	19	1:32	152	3:05	0.50	14:42	29:23	28	4:47	255	6:34
Schwimmen Total	0.50	14:42	29:23	28	4:47	255	6:34	0.50	14:42	29:23	28	4:47	255	6:34
Rad netto	20.00	35:45	1:47	9	4:46	56	10:00	20.50	50:27	2:27	28	6:15	255	11:30
Wechsel R -> L	-	1:43	-	24	1:08	213	1:11	20.50	52:10	2:32	28	7:10	255	12:21
Rad Total	20.00	37:28	1:52	11	5:27	72	10:45	20.50	52:10	2:32	28	7:10	255	12:21
Lauf Ziel	5.00	25:51	5:10	18	7:11	172	9:04	25.50	1:18:01	3:03	17	12:56	135	19:35