



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Paul Sturm

Total time: 1:13:02

Number: 293

Course: 25.50 km

Lorsch Triathlon

Rank in course/Total: 79 (of 354)

Rank in course/Men: 71 (of 254)

Best time in course: 58:26

Category:

männliche AK 2 (TM 25)

Rank in category: 8(of 30)

Best time in the category: 1:07:29

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	10:59	21:57	15	2:01	112	4:12	0.50	10:59	21:57	31	2:01	113	4:12
Wechsel S -> R	-	4:01	-	21	2:37	211	4:01	0.50	15:00	30:00	31	3:45	255	6:52
Schwimmen Total	0.50	15:00	30:00	31	3:45	255	6:52	0.50	15:00	30:00	31	3:45	255	6:52
Rad netto	20.00	36:44	1:50	9	10:59	88	10:59	20.50	51:44	2:31	31	8:43	255	12:47
Wechsel R -> L	-	0:32	-	1	-	1	-	20.50	52:16	2:32	31	8:17	255	12:27
Rad Total	20.00	37:16	1:51	6	10:33	64	10:33	20.50	52:16	2:32	31	8:17	255	12:27
Lauf Ziel	5.00	20:46	4:09	5	1:00	40	3:59	25.50	1:13:02	2:51	8	5:33	71	14:36