



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Martin Elsholz

Total time: 1:24:22

Number: 39

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 234 (of 354)

Rank in course/Men: 186 (of 254)

Best time in course: 58:26

Category:

Senioren 3 (TM 50)

Rank in category: 22(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	11:54	23:48	21	3:40	166	5:07	0.50	11:54	23:48	28	3:40	166	5:07
Wechsel S -> R	-	3:03	-	18	1:30	150	3:03	0.50	14:57	29:53	28	5:02	159	6:49
Schwimmen Total	0.50	14:57	29:53	28	5:02	159	6:49	0.50	14:57	29:53	28	5:02	159	6:49
Rad netto	20.00	38:43	1:56	21	7:44	153	12:58	20.50	53:40	2:37	19	9:28	147	14:43
Wechsel R -> L	-	1:49	-	25	1:14	222	1:17	20.50	55:29	2:42	21	10:29	157	15:40
Rad Total	20.00	40:32	2:01	23	8:31	168	13:49	20.50	55:29	2:42	21	10:29	157	15:40
Lauf Ziel	5.00	28:53	5:46	23	10:13	218	12:06	25.50	1:24:22	3:18	22	19:17	186	25:56