



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Lars Heckhoff

Total time: 1:27:40

Number: 1

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 275 (of 354)

Rank in course/Men: 211 (of 254)

Best time in course: 58:26

Category:

Rank in category: 24(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	15:07	30:14	26	6:53	238	8:20	0.50	15:07	30:14	28	6:53	238	8:20
Wechsel S -> R	-	2:44	-	13	1:11	107	2:44	0.50	17:51	35:42	28	7:56	228	9:43
Schwimmen Total	0.50	17:51	35:42	28	7:56	228	9:43	0.50	17:51	35:42	28	7:56	228	9:43
Rad netto	20.00	38:06	1:54	17	7:07	130	12:21	20.50	55:57	2:43	24	11:45	194	17:00
Wechsel R -> L	-	1:22	-	18	0:47	157	0:50	20.50	57:19	2:47	24	12:19	192	17:30
Rad Total	20.00	39:28	1:58	17	7:27	133	12:45	20.50	57:19	2:47	24	12:19	192	17:30
Lauf Ziel	5.00	30:21	6:04	25	11:41	228	13:34	25.50	1:27:40	3:26	24	22:35	211	29:14