



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Gerd Nepputh

Total time: 1:08:12

Number: 116

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 31 (of 354)

Rank in course/Men: 28 (of 254)

Best time in course: 58:26

Category:

Senioren 4 (TM 55)

Rank in category: 1(of 36)

Best time in the category: 1:08:12

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	9:44	19:27	4	1:39	53	2:57	0.50	9:44	19:27	37	1:39	255	2:57
Wechsel S -> R	-	1:53	-	3	1:53	30	1:53	0.50	11:37	23:14	37	0:47	255	3:29
Schwimmen Total	0.50	11:37	23:14	37	0:47	255	3:29	0.50	11:37	23:14	37	0:47	255	3:29
Rad netto	20.00	34:39	1:43	4	1:07	42	8:54	20.50	46:16	2:15	1	-	255	7:19
Wechsel R -> L	-	0:42	-	2	0:06	22	0:10	20.50	46:58	2:17	1	-	255	7:09
Rad Total	20.00	35:21	1:46	2	0:47	29	8:38	20.50	46:58	2:17	1	-	255	7:09
Lauf Ziel	5.00	21:14	4:14	2	0:07	54	4:27	25.50	1:08:12	2:40	1	-	28	9:46