



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Klaus Frambach

Total time: 1:08:40

Club: TSG Maxdorf

Number: 167

Course: 25.50 km

Rank in course/Total: 37 (of 354)

Lorsch Triathlon

Rank in course/Men: 34 (of 254)

Best time in course: 58:26

Category:

Rank in category: 2(of 36)

Senioren 4 (TM 55)

Best time in the category: 1:08:12

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	11:08	22:15	12	3:03	123	4:21	0.50	11:08	22:15	37	3:03	255	4:21
Wechsel S -> R	-	1:51	-	2	1:51	23	1:51	0.50	12:59	25:57	37	2:09	255	4:51
Schwimmen Total	0.50	12:59	25:57	37	2:09	255	4:51	0.50	12:59	25:57	37	2:09	255	4:51
Rad netto	20.00	33:32	1:40	1	-	20	7:47	20.50	46:31	2:16	37	0:15	255	7:34
Wechsel R -> L	-	1:02	-	10	0:26	87	0:30	20.50	47:33	2:19	37	0:35	255	7:44
Rad Total	20.00	34:34	1:43	1	-	23	7:51	20.50	47:33	2:19	37	0:35	255	7:44
Lauf Ziel	5.00	21:07	4:13	1	-	51	4:20	25.50	1:08:40	2:41	2	0:28	34	10:14