



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Heiko Beck

Total time: 1:09:46

Club: Club TdC

Number: 188

Course: 25.50 km

Rank in course/Total: 47 (of 354)

Lorsch Triathlon

Rank in course/Men: 43 (of 254)

Best time in course: 58:26

Category:

Rank in category: 3(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	10:21	20:41	8	2:16	88	3:34	0.50	10:21	20:41	37	2:16	255	3:34
Wechsel S -> R	-	2:40	-	15	2:40	103	2:40	0.50	13:01	26:02	37	2:11	255	4:53
Schwimmen Total	0.50	13:01	26:02	37	2:11	255	4:53	0.50	13:01	26:02	37	2:11	255	4:53
Rad netto	20.00	34:15	1:42	2	0:43	29	8:30	20.50	47:16	2:18	37	1:00	255	8:19
Wechsel R -> L	-	1:11	-	12	0:35	121	0:39	20.50	48:27	2:21	37	1:29	255	8:38
Rad Total	20.00	35:26	1:46	3	0:52	32	8:43	20.50	48:27	2:21	37	1:29	255	8:38
Lauf Ziel	5.00	21:19	4:15	3	0:12	59	4:32	25.50	1:09:46	2:44	3	1:34	43	11:20