



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Christian Schönung

Total time: 1:12:13

Number: 161

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 72 (of 354)

Rank in course/Men: 64 (of 254)

Best time in course: 58:26

Category:

Senioren 4 (TM 55)

Rank in category: 5(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	9:09	18:18	3	1:04	30	2:22	0.50	9:09	18:18	37	1:04	255	2:22
Wechsel S -> R	-	2:44	-	16	2:44	107	2:44	0.50	11:53	23:45	37	1:03	255	3:45
Schwimmen Total	0.50	11:53	23:45	37	1:03	255	3:45	0.50	11:53	23:45	37	1:03	255	3:45
Rad netto	20.00	34:28	1:43	3	0:56	35	8:43	20.50	46:21	2:15	2	0:05	255	7:24
Wechsel R -> L	-	1:16	-	16	0:40	141	0:44	20.50	47:37	2:19	3	0:39	255	7:48
Rad Total	20.00	35:44	1:47	4	1:10	37	9:01	20.50	47:37	2:19	3	0:39	255	7:48
Lauf Ziel	5.00	24:36	4:55	14	3:29	139	7:49	25.50	1:12:13	2:49	5	4:01	64	13:47