



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Hartmut Jeskowiak

Total time: 1:12:53

Club: HINKEBEIN United Runners of Pfalz

Number: 358

Course: 25.50 km

Rank in course/Total: 78 (of 354)

Lorsch Triathlon

Rank in course/Men: 69 (of 254)

Best time in course: 58:26

Category:

Rank in category: 6(of 36)

Senioren 4 (TM 55)

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.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	8:57	17:53	2	0:52	24	2:10	0.50	8:57	17:53	37	0:52	255	2:10
Wechsel S -> R	-	1:53	-	3	1:53	30	1:53	0.50	10:50	21:40	1	-	255	2:42
Schwimmen Total	0.50	10:50	21:40	1	-	255	2:42	0.50	10:50	21:40	1	-	255	2:42
Rad netto	20.00	37:08	1:51	15	3:36	104	11:23	20.50	47:58	2:20	37	1:42	255	9:01
Wechsel R -> L	-	0:58	-	8	0:22	76	0:26	20.50	48:56	2:23	37	1:58	255	9:07
Rad Total	20.00	38:06	1:54	11	3:32	94	11:23	20.50	48:56	2:23	37	1:58	255	9:07
Lauf Ziel	5.00	23:57	4:47	12	2:50	128	7:10	25.50	1:12:53	2:51	6	4:41	69	14:27