



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Hans-Peter Rapp

Total time: 1:18:07

Number: 225

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 156 (of 354)

Rank in course/Men: 136 (of 254)

Best time in course: 58:26

Category:

Senioren 4 (TM 55)

Rank in category: 13(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	9:46	19:32	5	1:41	57	2:59	0.50	9:46	19:32	37	1:41	255	2:59
Wechsel S -> R	-	2:56	-	17	2:56	133	2:56	0.50	12:42	25:23	37	1:52	255	4:34
Schwimmen Total	0.50	12:42	25:23	37	1:52	255	4:34	0.50	12:42	25:23	37	1:52	255	4:34
Rad netto	20.00	39:00	1:57	22	5:28	160	13:15	20.50	51:42	2:31	37	5:26	255	12:45
Wechsel R -> L	-	1:11	-	12	0:35	121	0:39	20.50	52:53	2:34	37	5:55	255	13:04
Rad Total	20.00	40:11	2:00	20	5:37	155	13:28	20.50	52:53	2:34	37	5:55	255	13:04
Lauf Ziel	5.00	25:14	5:02	18	4:07	155	8:27	25.50	1:18:07	3:03	13	9:55	136	19:41