



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Markus Könn

Club: ASG Hockenheim

Number: 369

Course: 25.50 km

Lorsch Triathlon

Category:

Senioren 4 (TM 55)

Total time: 1:19:32

Rank in course/Total: 172 (of 354)

Rank in course/Men: 148 (of 254)

Best time in course: 58:26

Rank in category: 16(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	13:05	26:10	25	5:00	204	6:18	0.50	13:05	26:10	37	5:00	255	6:18
Wechsel S -> R	-	2:26	-	11	2:26	75	2:26	0.50	15:31	31:02	19	4:41	255	7:23
Schwimmen Total	0.50	15:31	31:02	19	4:41	255	7:23	0.50	15:31	31:02	19	4:41	255	7:23
Rad netto	20.00	36:58	1:50	13	3:26	99	11:13	20.50	52:29	2:33	37	6:13	255	13:32
Wechsel R -> L	-	1:39	-	29	1:03	202	1:07	20.50	54:08	2:38	37	7:10	255	14:19
Rad Total	20.00	38:37	1:55	14	4:03	108	11:54	20.50	54:08	2:38	37	7:10	255	14:19
Lauf Ziel	5.00	25:24	5:04	19	4:17	161	8:37	25.50	1:19:32	3:07	16	11:20	148	21:06