



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Alexander Kress

Total time: 1:19:36

Club: SSG Bensheim

Number: 151

Course: 25.50 km

Rank in course/Total: 173 (of 354)

Lorsch Triathlon

Rank in course/Men: 149 (of 254)

Best time in course: 58:26

Category:

Rank in category: 17(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	12:08	24:15	18	4:03	175	5:21	0.50	12:08	24:15	37	4:03	255	5:21
Wechsel S -> R	-	2:36	-	13	2:36	94	2:36	0.50	14:44	29:27	37	3:54	149	6:36
Schwimmen Total	0.50	14:44	29:27	37	3:54	149	6:36	0.50	14:44	29:27	37	3:54	149	6:36
Rad netto	20.00	39:44	1:59	25	6:12	183	13:59	20.50	54:28	2:39	18	8:12	255	15:31
Wechsel R -> L	-	1:54	-	30	1:18	226	1:22	20.50	56:22	2:44	20	9:24	173	16:33
Rad Total	20.00	41:38	2:04	26	7:04	186	14:55	20.50	56:22	2:44	20	9:24	173	16:33
Lauf Ziel	5.00	23:14	4:38	11	2:07	105	6:27	25.50	1:19:36	3:07	17	11:24	149	21:10