



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Christian Heyer

Total time: 1:23:02

Club: Lorsch

Number: 12

Course: 25.50 km

Rank in course/Total: 220 (of 354)

Lorsch Triathlon

Rank in course/Men: 179 (of 254)

Best time in course: 58:26

Category:

Rank in category: 22(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	9:50	19:40	6	1:45	60	3:03	0.50	9:50	19:40	37	1:45	61	3:03
Wechsel S -> R	-	3:23	-	24	3:23	178	3:23	0.50	13:13	26:26	37	2:23	84	5:05
Schwimmen Total	0.50	13:13	26:26	37	2:23	84	5:05	0.50	13:13	26:26	37	2:23	84	5:05
Rad netto	20.00	36:59	1:50	14	3:27	100	11:14	20.50	50:12	2:26	37	3:56	91	11:15
Wechsel R -> L	-	2:10	-	35	1:34	242	1:38	20.50	52:22	2:33	37	5:24	108	12:33
Rad Total	20.00	39:09	1:57	17	4:35	124	12:26	20.50	52:22	2:33	37	5:24	108	12:33
Lauf Ziel	5.00	30:40	6:08	32	9:33	230	13:53	25.50	1:23:02	3:15	22	14:50	179	24:36