



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Andreas Nordt

Total time: 1:23:45

Number: 130

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 227 (of 354)

Rank in course/Men: 183 (of 254)

Best time in course: 58:26

Category:

Rank in category: 23(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	12:29	24:57	20	4:24	185	5:42	0.50	12:29	24:57	37	4:24	255	5:42
Wechsel S -> R	-	3:09	-	21	3:09	162	3:09	0.50	15:38	31:15	37	4:48	255	7:30
Schwimmen Total	0.50	15:38	31:15	37	4:48	255	7:30	0.50	15:38	31:15	37	4:48	255	7:30
Rad netto	20.00	38:58	1:56	21	5:26	158	13:13	20.50	54:36	2:39	20	8:20	255	15:39
Wechsel R -> L	-	1:38	-	28	1:02	198	1:06	20.50	56:14	2:44	19	9:16	255	16:25
Rad Total	20.00	40:36	2:01	24	6:02	172	13:53	20.50	56:14	2:44	19	9:16	255	16:25
Lauf Ziel	5.00	27:31	5:30	27	6:24	201	10:44	25.50	1:23:45	3:17	23	15:33	183	25:19