



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Mario Zubrod

Total time: 1:25:26

Number: 134

Course: 25.50 km  
Lorsch Triathlon

Rank in course/Total: 249 (of 354)

Rank in course/Men: 197 (of 254)

Best time in course: 58:26

Category:

Rank in category: 24(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	12:14	24:27	19	4:09	176	5:27	0.50	12:14	24:27	37	4:09	255	5:27
Wechsel S -> R	-	4:00	-	28	4:00	210	4:00	0.50	16:14	32:28	37	5:24	255	8:06
Schwimmen Total	0.50	16:14	32:28	37	5:24	255	8:06	0.50	16:14	32:28	37	5:24	255	8:06
Rad netto	20.00	38:16	1:54	18	4:44	137	12:31	20.50	54:30	2:39	19	8:14	255	15:33
Wechsel R -> L	-	2:12	-	36	1:36	243	1:40	20.50	56:42	2:45	23	9:44	255	16:53
Rad Total	20.00	40:28	2:01	21	5:54	164	13:45	20.50	56:42	2:45	23	9:44	255	16:53
Lauf Ziel	5.00	28:44	5:44	29	7:37	214	11:57	25.50	1:25:26	3:21	24	17:14	197	27:00