



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Uwe Träutlein

Total time: 1:25:26

Number: 34

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 250 (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	12:34	25:07	22	4:29	187	5:47	0.50	12:34	25:07	37	4:29	187	5:47
Wechsel S -> R	-	4:24	-	31	4:24	236	4:24	0.50	16:58	33:55	37	6:08	209	8:50
Schwimmen Total	0.50	16:58	33:55	37	6:08	209	8:50	0.50	16:58	33:55	37	6:08	209	8:50
Rad netto	20.00	42:48	2:08	30	9:16	218	17:03	20.50	59:46	2:54	37	13:30	220	20:49
Wechsel R -> L	-	0:57	-	7	0:21	72	0:25	20.50	1:00:43	2:57	37	13:45	219	20:54
Rad Total	20.00	43:45	2:11	30	9:11	216	17:02	20.50	1:00:43	2:57	37	13:45	219	20:54
Lauf Ziel	5.00	24:43	4:56	17	3:36	144	7:56	25.50	1:25:26	3:21	24	17:14	197	27:00