



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Martin Fleck

Total time: 1:25:53

Club: TEAM GIGGELFEUER

Number: 160

Course: 25.50 km

Rank in course/Total: 254 (of 354)

Lorsch Triathlon

Rank in course/Men: 200 (of 254)

Best time in course: 58:26

Category:

Rank in category: 26(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	13:55	27:49	28	5:50	220	7:08	0.50	13:55	27:49	37	5:50	255	7:08
Wechsel S -> R	-	3:00	-	18	3:00	142	3:00	0.50	16:55	33:50	37	6:05	255	8:47
Schwimmen Total	0.50	16:55	33:50	37	6:05	255	8:47	0.50	16:55	33:50	37	6:05	255	8:47
Rad netto	20.00	40:59	2:02	28	7:27	198	15:14	20.50	57:54	2:49	27	11:38	255	18:57
Wechsel R -> L	-	1:20	-	18	0:44	154	0:48	20.50	59:14	2:53	27	12:16	255	19:25
Rad Total	20.00	42:19	2:06	27	7:45	196	15:36	20.50	59:14	2:53	27	12:16	255	19:25
Lauf Ziel	5.00	26:39	5:19	21	5:32	183	9:52	25.50	1:25:53	3:22	26	17:41	200	27:27