



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Holger Janson

Total time: 1:27:31

Number: 432

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 274 (of 354)

Rank in course/Men: 210 (of 254)

Best time in course: 58:26

Category:

Rank in category: 28(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	12:56	25:52	24	4:51	201	6:09	0.50	12:56	25:52	24	4:51	255	6:09
Wechsel S -> R	-	4:47	-	33	4:47	240	4:47	0.50	17:43	35:25	37	6:53	255	9:35
Schwimmen Total	0.50	17:43	35:25	37	6:53	255	9:35	0.50	17:43	35:25	37	6:53	255	9:35
Rad netto	20.00	41:00	2:02	29	7:28	199	15:15	20.50	58:43	2:51	37	12:27	255	19:46
Wechsel R -> L	-	1:59	-	33	1:23	233	1:27	20.50	1:00:42	2:57	37	13:44	255	20:53
Rad Total	20.00	42:59	2:08	29	8:25	207	16:16	20.50	1:00:42	2:57	37	13:44	255	20:53
Lauf Ziel	5.00	26:49	5:21	23	5:42	188	10:02	25.50	1:27:31	3:25	28	19:19	210	29:05