



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Markus Lasar

Total time: 1:28:02

Number: 129

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 280 (of 354)

Rank in course/Men: 215 (of 254)

Best time in course: 58:26

Category:

Rank in category: 29(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	12:55	25:49	23	4:50	200	6:08	0.50	12:55	25:49	37	4:50	255	6:08
Wechsel S -> R	-	6:16	-	36	6:16	250	6:16	0.50	19:11	38:22	37	8:21	255	11:03
Schwimmen Total	0.50	19:11	38:22	37	8:21	255	11:03	0.50	19:11	38:22	37	8:21	255	11:03
Rad netto	20.00	38:35	1:55	20	5:03	147	12:50	20.50	57:46	2:49	26	11:30	255	18:49
Wechsel R -> L	-	1:24	-	21	0:48	167	0:52	20.50	59:10	2:53	26	12:12	255	19:21
Rad Total	20.00	39:59	1:59	19	5:25	148	13:16	20.50	59:10	2:53	26	12:12	255	19:21
Lauf Ziel	5.00	28:52	5:46	30	7:45	217	12:05	25.50	1:28:02	3:27	29	19:50	215	29:36