



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Marcus Grossheimann

Total time: 1:31:48

Club: Waldseehaie

Number: 434

Course: 25.50 km

Rank in course/Total: 304 (of 354)

Lorsch Triathlon

Rank in course/Men: 225 (of 254)

Best time in course: 58:26

Category:

Rank in category: 30(of 36)

Senioren 4 (TM 55)

Best time in the category: 1:08:12

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Schwimmen nett	0.50	8:05	16:10	1	-	5	1:18	0.50	8:05	16:10	1	-	255	1:18
Wechsel S -> R	-	5:18	-	35	5:18	247	5:18	0.50	13:23	26:45	37	2:33	255	5:15
Schwimmen Total	0.50	13:23	26:45	37	2:33	255	5:15	0.50	13:23	26:45	37	2:33	255	5:15
Rad netto	20.00	45:09	2:15	31	11:37	233	19:24	20.50	58:32	2:51	37	12:16	255	19:35
Wechsel R -> L	-	2:09	-	34	1:33	240	1:37	20.50	1:00:41	2:57	37	13:43	255	20:52
Rad Total	20.00	47:18	2:21	31	12:44	237	20:35	20.50	1:00:41	2:57	37	13:43	255	20:52
Lauf Ziel	5.00	31:07	6:13	33	10:00	234	14:20	25.50	1:31:48	3:36	30	23:36	225	33:22