



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Uwe Dächert

Total time: 1:32:41

Number: 367

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 309 (of 354)

Rank in course/Men: 229 (of 254)

Best time in course: 58:26

Category:

Rank in category: 32(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	13:08	26:15	26	5:03	207	6:21	0.50	13:08	26:15	37	5:03	255	6:21
Wechsel S -> R	-	4:15	-	30	4:15	227	4:15	0.50	17:23	34:45	27	6:33	255	9:15
Schwimmen Total	0.50	17:23	34:45	27	6:33	255	9:15	0.50	17:23	34:45	27	6:33	255	9:15
Rad netto	20.00	47:37	2:22	32	14:05	242	21:52	20.50	1:05:00	3:10	37	18:44	255	26:03
Wechsel R -> L	-	0:47	-	4	0:11	37	0:15	20.50	1:05:47	3:12	37	18:49	255	25:58
Rad Total	20.00	48:24	2:25	32	13:50	241	21:41	20.50	1:05:47	3:12	37	18:49	255	25:58
Lauf Ziel	5.00	26:54	5:22	24	5:47	190	10:07	25.50	1:32:41	3:38	32	24:29	229	34:15