



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Cem Joachim Tamkan

Total time: 1:54:43

Club: Cem's Triathlonbande

Number: 183

Course: 25.50 km

Rank in course/Total: 352 (of 354)

Lorsch Triathlon

Rank in course/Men: 252 (of 254)

Best time in course: 58:26

Category:

Rank in category: 36(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	14:19	28:37	29	6:14	225	7:32	0.50	14:19	28:37	37	6:14	255	7:32
Wechsel S -> R	-	3:54	-	27	3:54	205	3:54	0.50	18:13	36:25	37	7:23	255	10:05
Schwimmen Total	0.50	18:13	36:25	37	7:23	255	10:05	0.50	18:13	36:25	37	7:23	255	10:05
Rad netto	20.00	53:49	2:41	36	20:17	254	28:04	20.50	1:12:02	3:30	37	25:46	255	33:05
Wechsel R -> L	-	1:26	-	22	0:50	171	0:54	20.50	1:13:28	3:35	37	26:30	255	33:39
Rad Total	20.00	55:15	2:45	36	20:41	254	28:32	20.50	1:13:28	3:35	37	26:30	255	33:39
Lauf Ziel	5.00	41:15	8:15	36	20:08	253	24:28	25.50	1:54:43	4:29	36	46:31	252	56:17