



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Rafael Zarza

Total time: 1:10:56

Club: TuS Griesheim

Number: 330

Course: 25.50 km

Rank in course/Total: 56 (of 354)

Lorsch Triathlon

Rank in course/Men: 51 (of 254)

Best time in course: 58:26

Category:

Rank in category: 2(of 13)

Senioren 5 (TM 60)

Best time in the category: 1:06:30

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking						
	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	10:12	20:23	3	1:19	80	3:25	0.50	10:12	20:23	14	1:19	255	3:25	
Wechsel S -> R	-	1:52	-	2	0:01	28	1:52	0.50	12:04	24:07	14	1:20	255	3:56	
Schwimmen Total	0.50	12:04	24:07	14	1:20	255	3:56	0.50	12:04	24:07	14	1:20	255	3:56	
Rad netto	20.00	36:31	1:49	2	2:08	77	10:46	20.50	48:35	2:22	14	3:28	255	9:38	
Wechsel R -> L	-	1:06	-	5	0:25	103	0:34	20.50	49:41	2:25	14	3:17	255	9:52	
Rad Total	20.00	37:37	1:52	2	1:57	77	10:54	20.50	49:41	2:25	14	3:17	255	9:52	
Lauf Ziel	5.00	21:15	4:15	3	1:09	56	4:28	25.50	1:10:56	2:46	2	4:26	51	12:30	