



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Jürgen Baumgarten

Club: Running Sibana

Number: 29

Course: 25.50 km

Lorsch Triathlon

Category:

Senioren 5 (TM 60)

Total time: 1:24:58

Rank in course/Total: 242 (of 354)

Rank in course/Men: 191 (of 254)

Best time in course: 58:26

Rank in category: 7(of 13)

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	10:30	21:00	5	1:37	95	3:43	0.50	10:30	21:00	14	1:37	96	3:43
Wechsel S -> R	-	3:31	-	9	1:40	187	3:31	0.50	14:01	28:02	14	3:17	120	5:53
Schwimmen Total	0.50	14:01	28:02	14	3:17	120	5:53	0.50	14:01	28:02	14	3:17	120	5:53
Rad netto	20.00	40:54	2:02	9	6:31	196	15:09	20.50	54:55	2:40	14	9:48	173	15:58
Wechsel R -> L	-	1:36	-	8	0:55	196	1:04	20.50	56:31	2:45	14	10:07	179	16:42
Rad Total	20.00	42:30	2:07	9	6:50	200	15:47	20.50	56:31	2:45	14	10:07	179	16:42
Lauf Ziel	5.00	28:27	5:41	9	8:21	212	11:40	25.50	1:24:58	3:19	7	18:28	191	26:32