



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Ralf Alexander

Total time: 1:27:43

Number: 286

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 276 (of 354)

Rank in course/Men: 212 (of 254)

Best time in course: 58:26

Category:

Senioren 5 (TM 60)

Rank in category: 10(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	11:20	22:40	8	2:27	134	4:33	0.50	11:20	22:40	14	2:27	255	4:33
Wechsel S -> R	-	3:08	-	7	1:17	159	3:08	0.50	14:28	28:56	14	3:44	255	6:20
Schwimmen Total	0.50	14:28	28:56	14	3:44	255	6:20	0.50	14:28	28:56	14	3:44	255	6:20
Rad netto	20.00	38:10	1:54	5	3:47	133	12:25	20.50	52:38	2:34	14	7:31	255	13:41
Wechsel R -> L	-	2:17	-	11	1:36	247	1:45	20.50	54:55	2:40	14	8:31	255	15:06
Rad Total	20.00	40:27	2:01	6	4:47	163	13:44	20.50	54:55	2:40	14	8:31	255	15:06
Lauf Ziel	5.00	32:48	6:33	12	12:42	243	16:01	25.50	1:27:43	3:26	10	21:13	212	29:17