



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Robert Haag

Total time: 1:17:40

Club: LAZ Mosbach-Elztal

Number: 429

Course: 25.50 km

Rank in course/Total: 147 (of 354)

Lorsch Triathlon

Rank in course/Men: 128 (of 254)

Best time in course: 58:26

Category:

Rank in category: 2(of 9)

Senioren 6 (TM 65)

Best time in the category: 1:11:12

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	12:18	24:36	4	1:41	180	5:31	0.50	12:18	24:36	10	1:41	255	5:31
Wechsel S -> R	-	2:46	-	3	1:03	113	2:46	0.50	15:04	30:07	10	2:40	162	6:56
Schwimmen Total	0.50	15:04	30:07	10	2:40	162	6:56	0.50	15:04	30:07	10	2:40	162	6:56
Rad netto	20.00	37:06	1:51	3	1:03	102	11:21	20.50	52:10	2:32	10	3:43	255	13:13
Wechsel R -> L	-	1:39	-	3	0:47	202	1:07	20.50	53:49	2:37	10	4:30	255	14:00
Rad Total	20.00	38:45	1:56	3	1:50	112	12:02	20.50	53:49	2:37	10	4:30	255	14:00
Lauf Ziel	5.00	23:51	4:46	2	1:58	125	7:04	25.50	1:17:40	3:02	2	6:28	128	19:14