



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Jörg Krietenstein

Club: SSG Trias Bensheim

Number: 133

Course: 25.50 km

Lorsch Triathlon

Category:

Senioren 6 (TM 65)

Total time: 1:27:48

Rank in course/Total: 278 (of 354)

Rank in course/Men: 214 (of 254)

Best time in course: 58:26

Rank in category: 5(of 9)

Best time in the category: 1:11:12

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	13:01	26:02	6	2:24	202	6:14	0.50	13:01	26:02	10	2:24	255	6:14
Wechsel S -> R	-	2:58	-	5	1:15	138	2:58	0.50	15:59	31:57	10	3:35	255	7:51
Schwimmen Total	0.50	15:59	31:57	10	3:35	255	7:51	0.50	15:59	31:57	10	3:35	255	7:51
Rad netto	20.00	38:23	1:55	4	2:20	140	12:38	20.50	54:22	2:39	10	5:55	255	15:25
Wechsel R -> L	-	1:50	-	6	0:58	224	1:18	20.50	56:12	2:44	10	6:53	255	16:23
Rad Total	20.00	40:13	2:00	4	3:18	156	13:30	20.50	56:12	2:44	10	6:53	255	16:23
Lauf Ziel	5.00	31:36	6:19	7	9:43	240	14:49	25.50	1:27:48	3:26	5	16:36	214	29:22