



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Sigurd Haarstark

Club: RLT Rodgau

Number: 243

Course: 25.50 km

Lorsch Triathlon

Category:

Senioren 6 (TM 65)

Total time: 1:55:53

Rank in course/Total: 353 (of 354)

Rank in course/Men: 253 (of 254)

Best time in course: 58:26

Rank in category: 9(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	17:06	34:12	9	6:29	249	10:19	0.50	17:06	34:12	10	6:29	255	10:19
Wechsel S -> R	-	5:33	-	8	3:50	249	5:33	0.50	22:39	45:17	10	10:15	255	14:31
Schwimmen Total	0.50	22:39	45:17	10	10:15	255	14:31	0.50	22:39	45:17	10	10:15	255	14:31
Rad netto	20.00	50:59	2:32	9	14:56	253	25:14	20.50	1:13:38	3:35	10	25:11	255	34:41
Wechsel R -> L	-	1:09	-	2	0:17	114	0:37	20.50	1:14:47	3:38	10	25:28	255	34:58
Rad Total	20.00	52:08	2:36	9	15:13	253	25:25	20.50	1:14:47	3:38	10	25:28	255	34:58
Lauf Ziel	5.00	41:06	8:13	9	19:13	252	24:19	25.50	1:55:53	4:32	9	44:41	253	57:27