



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Karl Heinz Karb

Total time: 1:24:29

Club: Poseidon Worms

Number: 234

Course: 25.50 km

Rank in course/Total: 236 (of 354)

Lorsch Triathlon

Rank in course/Men: 188 (of 254)

Best time in course: 58:26

Category:

Rank in category: 2(of 3)

Senioren 8 (TM 75)

Best time in the category: 1:19:19

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	13:25	26:49	1	-	214	6:38	0.50	13:25	26:49	1	-	255	6:38
Wechsel S -> R	-	3:37	-	2	1:06	190	3:37	0.50	17:02	34:04	1	-	255	8:54
Schwimmen Total	0.50	17:02	34:04	1	-	255	8:54	0.50	17:02	34:04	1	-	255	8:54
Rad netto	20.00	38:09	1:54	2	3:34	132	12:24	20.50	55:11	2:41	4	3:29	255	16:14
Wechsel R -> L	-	1:54	-	3	0:20	226	1:22	20.50	57:05	2:47	4	3:49	255	17:16
Rad Total	20.00	40:03	2:00	2	3:54	152	13:20	20.50	57:05	2:47	4	3:49	255	17:16
Lauf Ziel	5.00	27:24	5:28	2	1:21	198	10:37	25.50	1:24:29	3:18	2	5:10	188	26:03