



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Martin Gramatzki

Total time: 1:25:15

Number: 226

Course: 25.50 km

Lorsch Triathlon

Rank in course/Total: 247 (of 354)

Rank in course/Men: 195 (of 254)

Best time in course: 58:26

Category:

männliche AK 2 (TM 25)

Rank in category: 26(of 30)

Best time in the category: 1:07:29

### 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	11:39	23:18	21	2:41	150	4:52	0.50	11:39	23:18	31	2:41	152	4:52
Wechsel S -> R	-	4:10	-	25	2:46	220	4:10	0.50	15:49	31:37	25	4:34	255	7:41
Schwimmen Total	0.50	15:49	31:37	25	4:34	255	7:41	0.50	15:49	31:37	25	4:34	255	7:41
Rad netto	20.00	42:16	2:06	25	16:31	215	16:31	20.50	58:05	2:50	25	15:04	255	19:08
Wechsel R -> L	-	1:26	-	23	0:54	171	0:54	20.50	59:31	2:54	26	15:32	255	19:42
Rad Total	20.00	43:42	2:11	26	16:59	214	16:59	20.50	59:31	2:54	26	15:32	255	19:42
Lauf Ziel	5.00	25:44	5:08	20	5:58	169	8:57	25.50	1:25:15	3:20	26	17:46	195	26:49