



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

**Daniel Schminke**

**Total time: 1:03:15**

Club: SSG Bensheim Triathlon

Number: 295

Course: 25.50 km

Rank in course/Total: 8 (of 354)

Lorsch Triathlon

Rank in course/Men: 7 (of 254)

Best time in course: 58:26

Category:

Rank in category: 3(of 30)

männliche AK 3 (TM 30)

Best time in the category: 58:26

| 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     | 8:29       | 16:57        | 4           | 1:42        | 15      | 1:42       | 0.50          | 8:29       | 16:57        | 31       | 1:42        | 255     | 1:42       |
| Wechsel S -> R     | -        | 1:58       | -            | 3           | 0:37        | 37      | 1:58       | 0.50          | 10:27      | 20:53        | 31       | 2:19        | 255     | 2:19       |
| Schwimmen Total    | 0.50     | 10:27      | 20:53        | 31          | 2:19        | 255     | 2:19       | 0.50          | 10:27      | 20:53        | 31       | 2:19        | 255     | 2:19       |
| Rad netto          | 20.00    | 33:30      | 1:40         | 4           | 2:41        | 19      | 7:45       | 20.50         | 43:57      | 2:08         | 31       | 5:00        | 255     | 5:00       |
| Wechsel R -> L     | -        | 0:52       | -            | 8           | 0:16        | 55      | 0:20       | 20.50         | 44:49      | 2:11         | 31       | 5:00        | 255     | 5:00       |
| Rad Total          | 20.00    | 34:22      | 1:43         | 3           | 2:41        | 19      | 7:39       | 20.50         | 44:49      | 2:11         | 31       | 5:00        | 255     | 5:00       |
| Lauf Ziel          | 5.00     | 18:26      | 3:41         | 2           | 1:39        | 5       | 1:39       | 25.50         | 1:03:15    | 2:28         | 3        | 4:49        | 7       | 4:49       |