



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

**Patrick Koch**

**Total time: 1:07:49**

Club: Quadrate Turbo Crew

Number: 340

Course: 25.50 km

Rank in course/Total: 30 (of 354)

Lorsch Triathlon

Rank in course/Men: 27 (of 254)

Best time in course: 58:26

Category:

Rank in category: 5(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	9:33	19:06	7	2:46	45	2:46	0.50	9:33	19:06	31	2:46	255	2:46
Wechsel S -> R	-	2:32	-	9	1:11	89	2:32	0.50	12:05	24:10	31	3:57	255	3:57
Schwimmen Total	0.50	12:05	24:10	31	3:57	255	3:57	0.50	12:05	24:10	31	3:57	255	3:57
Rad netto	20.00	34:56	1:44	6	4:07	45	9:11	20.50	47:01	2:17	31	8:04	255	8:04
Wechsel R -> L	-	1:16	-	21	0:40	141	0:44	20.50	48:17	2:21	31	8:28	255	8:28
Rad Total	20.00	36:12	1:48	6	4:31	49	9:29	20.50	48:17	2:21	31	8:28	255	8:28
Lauf Ziel	5.00	19:32	3:54	5	2:45	20	2:45	25.50	1:07:49	2:39	5	9:23	27	9:23