



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Marc Richter

Total time: 1:11:03

Number: 319

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 57 (of 354)

Rank in course/Men: 53 (of 254)

Best time in course: 58:26

Category:

männliche AK 3 (TM 30)

Rank in category: 8(of 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	10:24	20:48	15	3:37	90	3:37	0.50	10:24	20:48	31	3:37	255	3:37
Wechsel S -> R	-	3:00	-	24	1:39	142	3:00	0.50	13:24	26:48	31	5:16	255	5:16
Schwimmen Total	0.50	13:24	26:48	31	5:16	255	5:16	0.50	13:24	26:48	31	5:16	255	5:16
Rad netto	20.00	33:03	1:39	3	2:14	10	7:18	20.50	46:27	2:15	31	7:30	255	7:30
Wechsel R -> L	-	1:29	-	27	0:53	179	0:57	20.50	47:56	2:20	31	8:07	255	8:07
Rad Total	20.00	34:32	1:43	4	2:51	21	7:49	20.50	47:56	2:20	31	8:07	255	8:07
Lauf Ziel	5.00	23:07	4:37	20	6:20	99	6:20	25.50	1:11:03	2:47	8	12:37	53	12:37