



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Lars Knapp

Total time: 1:18:14

Number: 203

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 157 (of 354)

Rank in course/Men: 137 (of 254)

Best time in course: 58:26

Category:

männliche AK 1 (TM 20)

Rank in category: 5(of 10)

Best time in the category: 1:04:08

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	10:44	21:27	5	2:19	106	3:57	0.50	10:44	21:27	11	2:19	255	3:57
Wechsel S -> R	-	3:49	-	6	2:16	200	3:49	0.50	14:33	29:06	11	4:35	255	6:25
Schwimmen Total	0.50	14:33	29:06	11	4:35	255	6:25	0.50	14:33	29:06	11	4:35	255	6:25
Rad netto	20.00	37:56	1:53	4	3:59	127	12:11	20.50	52:29	2:33	11	8:34	255	13:32
Wechsel R -> L	-	0:55	-	4	0:18	68	0:23	20.50	53:24	2:36	11	8:52	255	13:35
Rad Total	20.00	38:51	1:56	5	4:17	115	12:08	20.50	53:24	2:36	11	8:52	255	13:35
Lauf Ziel	5.00	24:50	4:58	7	5:14	149	8:03	25.50	1:18:14	3:04	5	14:06	137	19:48