



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Jeffy Seapang

Total time: 1:12:02

Number: 425

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 70 (of 354)

Rank in course/Men: 62 (of 254)

Best time in course: 58:26

Category:

männliche AK 3 (TM 30)

Rank in category: 10(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen nett	0.50	10:42	21:23	16	3:55	103	3:55	0.50	10:42	21:23	31	3:55	255	3:55	
Wechsel S -> R	-	2:55	-	21	1:34	131	2:55	0.50	13:37	27:14	31	5:29	255	5:29	
Schwimmen Total	0.50	13:37	27:14	31	5:29	255	5:29	0.50	13:37	27:14	31	5:29	255	5:29	
Rad netto	20.00	35:19	1:45	8	4:30	53	9:34	20.50	48:56	2:23	31	9:59	255	9:59	
Wechsel R -> L	-	1:06	-	13	0:30	103	0:34	20.50	50:02	2:26	31	10:13	255	10:13	
Rad Total	20.00	36:25	1:49	8	4:44	51	9:42	20.50	50:02	2:26	31	10:13	255	10:13	
Lauf Ziel	5.00	22:00	4:24	18	5:13	78	5:13	25.50	1:12:02	2:49	10	13:36	62	13:36	