



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Luca Grimm

Total time: 1:13:03

Number: 317

Course: 25.50 km  
Lorsch Triathlon

Rank in course/Total: 80 (of 354)

Rank in course/Men: 72 (of 254)

Best time in course: 58:26

Category:

männliche AK 3 (TM 30)

Rank in category: 13(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	10:18	20:36	14	3:31	85	3:31	0.50	10:18	20:36	31	3:31	255	3:31
Wechsel S -> R	-	4:04	-	29	2:43	214	4:04	0.50	14:22	28:44	31	6:14	255	6:14
Schwimmen Total	0.50	14:22	28:44	31	6:14	255	6:14	0.50	14:22	28:44	31	6:14	255	6:14
Rad netto	20.00	37:14	1:51	15	6:25	109	11:29	20.50	51:36	2:31	31	12:39	255	12:39
Wechsel R -> L	-	1:21	-	24	0:45	155	0:49	20.50	52:57	2:34	31	13:08	255	13:08
Rad Total	20.00	38:35	1:55	15	6:54	106	11:52	20.50	52:57	2:34	31	13:08	255	13:08
Lauf Ziel	5.00	20:06	4:01	6	3:19	30	3:19	25.50	1:13:03	2:51	13	14:37	72	14:37