



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Martin Brüggemann

Total time: 1:15:36

Number: 372

Course: 25.50 km

Lorsch Triathlon

Rank in course/Total: 114 (of 354)

Rank in course/Men: 100 (of 254)

Best time in course: 58:26

Category:

männliche AK 3 (TM 30)

Rank in category: 18(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	12:28	24:56	23	5:41	184	5:41	0.50	12:28	24:56	31	5:41	255	5:41
Wechsel S -> R	-	2:47	-	15	1:26	114	2:47	0.50	15:15	30:30	31	7:07	255	7:07
Schwimmen Total	0.50	15:15	30:30	31	7:07	255	7:07	0.50	15:15	30:30	31	7:07	255	7:07
Rad netto	20.00	37:20	1:52	17	6:31	112	11:35	20.50	52:35	2:33	31	13:38	255	13:38
Wechsel R -> L	-	1:15	-	19	0:39	136	0:43	20.50	53:50	2:37	31	14:01	255	14:01
Rad Total	20.00	38:35	1:55	16	6:54	107	11:52	20.50	53:50	2:37	31	14:01	255	14:01
Lauf Ziel	5.00	21:46	4:21	16	4:59	69	4:59	25.50	1:15:36	2:57	18	17:10	100	17:10