



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Daniel Helfert

Total time: 1:16:05

Club: Quadrate Turbo Crew

Number: 338

Course: 25.50 km

Rank in course/Total: 123 (of 354)

Lorsch Triathlon

Rank in course/Men: 107 (of 254)

Best time in course: 58:26

Category:

Rank in category: 19(of 30)

männliche AK 3 (TM 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	8:08	16:15	2	1:21	6	1:21	0.50	8:08	16:15	31	1:21	255	1:21
Wechsel S -> R	-	2:33	-	10	1:12	90	2:33	0.50	10:41	21:22	31	2:33	17	2:33
Schwimmen Total	0.50	10:41	21:22	31	2:33	17	2:33	0.50	10:41	21:22	31	2:33	17	2:33
Rad netto	20.00	39:48	1:59	25	8:59	184	14:03	20.50	50:29	2:27	31	11:32	255	11:32
Wechsel R -> L	-	1:10	-	15	0:34	117	0:38	20.50	51:39	2:31	31	11:50	255	11:50
Rad Total	20.00	40:58	2:02	25	9:17	180	14:15	20.50	51:39	2:31	31	11:50	255	11:50
Lauf Ziel	5.00	24:26	4:53	26	7:39	137	7:39	25.50	1:16:05	2:59	19	17:39	107	17:39