



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Heiko Richter

Total time: 1:16:56

Number: 259

Course: 25.50 km

Rank in course/Total: 138 (of 354)

Lorsch Triathlon

Rank in course/Men: 122 (of 254)

Best time in course: 58:26

Category:

Rank in category: 22(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.	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	12:46	25:32	26	5:59	195	5:59	0.50	12:46	25:32	31	5:59	255	5:59
Wechsel S -> R	-	3:10	-	26	1:49	164	3:10	0.50	15:56	31:52	31	7:48	255	7:48
Schwimmen Total	0.50	15:56	31:52	31	7:48	255	7:48	0.50	15:56	31:52	31	7:48	255	7:48
Rad netto	20.00	37:34	1:52	19	6:45	117	11:49	20.50	53:30	2:36	31	14:33	255	14:33
Wechsel R -> L	-	2:03	-	30	1:27	235	1:31	20.50	55:33	2:42	31	15:44	255	15:44
Rad Total	20.00	39:37	1:58	21	7:56	138	12:54	20.50	55:33	2:42	31	15:44	255	15:44
Lauf Ziel	5.00	21:23	4:16	15	4:36	63	4:36	25.50	1:16:56	3:01	22	18:30	122	18:30