



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Lars Speiser

Total time: 1:17:33

Number: 315

Course: 25.50 km  
Lorsch Triathlon

Rank in course/Total: 145 (of 354)

Rank in course/Men: 126 (of 254)

Best time in course: 58:26

Category:

männliche AK 3 (TM 30)

Rank in category: 23(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	12:41	25:22	25	5:54	192	5:54	0.50	12:41	25:22	31	5:54	255	5:54
Wechsel S -> R	-	2:33	-	10	1:12	90	2:33	0.50	15:14	30:27	31	7:06	255	7:06
Schwimmen Total	0.50	15:14	30:27	31	7:06	255	7:06	0.50	15:14	30:27	31	7:06	255	7:06
Rad netto	20.00	38:25	1:55	22	7:36	141	12:40	20.50	53:39	2:37	31	14:42	255	14:42
Wechsel R -> L	-	1:23	-	26	0:47	162	0:51	20.50	55:02	2:41	31	15:13	255	15:13
Rad Total	20.00	39:48	1:59	22	8:07	142	13:05	20.50	55:02	2:41	31	15:13	255	15:13
Lauf Ziel	5.00	22:31	4:30	19	5:44	89	5:44	25.50	1:17:33	3:02	23	19:07	126	19:07