



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Christopher Metz

Total time: 1:13:44

Number: 173

Course: 25.50 km

Rank in course/Total: 89 (of 354)

Lorsch Triathlon

Rank in course/Men: 80 (of 254)

Best time in course: 58:26

Category:

Rank in category: 4(of 29)

männliche AK 4 (TM 35)

Best time in the category: 1:03:10

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	9:47	19:33	5	1:20	58	3:00	0.50	9:47	19:33	30	1:20	58	3:00
Wechsel S -> R	-	1:58	-	2	0:17	37	1:58	0.50	11:45	23:30	30	1:17	255	3:37
Schwimmen Total	0.50	11:45	23:30	30	1:17	255	3:37	0.50	11:45	23:30	30	1:17	255	3:37
Rad netto	20.00	35:46	1:47	3	2:26	57	10:01	20.50	47:31	2:19	30	3:43	255	8:34
Wechsel R -> L	-	1:31	-	20	0:43	189	0:59	20.50	49:02	2:23	30	4:15	255	9:13
Rad Total	20.00	37:17	1:51	3	2:58	66	10:34	20.50	49:02	2:23	30	4:15	255	9:13
Lauf Ziel	5.00	24:42	4:56	15	6:19	142	7:55	25.50	1:13:44	2:53	4	10:34	80	15:18