



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Luca Eppel

Club: VFR Bürstadt

Number: 37

Course: 25.50 km

Lorsch Triathlon

Category:

männliche AK 1 (TM 20)

Total time: 1:20:44

Rank in course/Total: 190 (of 354)

Rank in course/Men: 162 (of 254)

Best time in course: 58:26

Rank in category: 8(of 10)

Best time in the category: 1:04:08

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	11:40	23:19	8	3:15	153	4:53	0.50	11:40	23:19	11	3:15	153	4:53
Wechsel S -> R	-	4:13	-	8	2:40	223	4:13	0.50	15:53	31:45	11	5:55	189	7:45
Schwimmen Total	0.50	15:53	31:45	11	5:55	189	7:45	0.50	15:53	31:45	11	5:55	189	7:45
Rad netto	20.00	39:03	1:57	7	5:06	164	13:18	20.50	54:56	2:40	11	11:01	174	15:59
Wechsel R -> L	-	1:00	-	5	0:23	84	0:28	20.50	55:56	2:43	11	11:24	165	16:07
Rad Total	20.00	40:03	2:00	7	5:29	150	13:20	20.50	55:56	2:43	11	11:24	165	16:07
Lauf Ziel	5.00	24:48	4:57	6	5:12	147	8:01	25.50	1:20:44	3:09	8	16:36	162	22:18