



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Alexander Frommhold

Total time: 1:16:03

Number: 181

Course: 25.50 km

Lorsch Triathlon

Rank in course/Total: 122 (of 354)

Rank in course/Men: 106 (of 254)

Best time in course: 58:26

Category:

männliche AK 4 (TM 35)

Rank in category: 10(of 29)

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.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Schwimmen nett	0.50	11:05	22:10	14	2:38	118	4:18	0.50	11:05	22:10	30	2:38	255	4:18
Wechsel S -> R	-	2:57	-	12	1:16	136	2:57	0.50	14:02	28:03	30	3:34	255	5:54
Schwimmen Total	0.50	14:02	28:03	30	3:34	255	5:54	0.50	14:02	28:03	30	3:34	255	5:54
Rad netto	20.00	37:49	1:53	12	4:29	124	12:04	20.50	51:51	2:31	30	8:03	255	12:54
Wechsel R -> L	-	1:25	-	15	0:37	169	0:53	20.50	53:16	2:35	30	8:29	255	13:27
Rad Total	20.00	39:14	1:57	13	4:55	129	12:31	20.50	53:16	2:35	30	8:29	255	13:27
Lauf Ziel	5.00	22:47	4:33	8	4:24	95	6:00	25.50	1:16:03	2:58	10	12:53	106	17:37