



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Björn Kredel

Total time: 1:16:19

Number: 311

Course: 25.50 km

Rank in course/Total: 126 (of 354)

Lorsch Triathlon

Rank in course/Men: 110 (of 254)

Best time in course: 58:26

Category:

Rank in category: 11(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.	Stage score		Total			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Schwimmen nett	0.50	11:44	23:27	18	3:17	158	4:57	0.50	11:44	23:27	30	3:17	255	4:57
Wechsel S -> R	-	2:08	-	4	0:27	50	2:08	0.50	13:52	27:44	30	3:24	255	5:44
Schwimmen Total	0.50	13:52	27:44	30	3:24	255	5:44	0.50	13:52	27:44	30	3:24	255	5:44
Rad netto	20.00	37:50	1:53	13	4:30	125	12:05	20.50	51:42	2:31	30	7:54	255	12:45
Wechsel R -> L	-	0:58	-	6	0:10	76	0:26	20.50	52:40	2:34	30	7:53	255	12:51
Rad Total	20.00	38:48	1:56	10	4:29	113	12:05	20.50	52:40	2:34	30	7:53	255	12:51
Lauf Ziel	5.00	23:39	4:43	11	5:16	115	6:52	25.50	1:16:19	2:59	11	13:09	110	17:53