



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Benedikt Schäfer

Total time: 1:17:11

Number: 166

Course: 25.50 km

Rank in course/Total: 140 (of 354)

Lorsch Triathlon

Rank in course/Men: 124 (of 254)

Best time in course: 58:26

Category:

Rank in category: 12(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	12:25	24:49	20	3:58	183	5:38	0.50	12:25	24:49	30	3:58	255	5:38
Wechsel S -> R	-	2:25	-	6	0:44	74	2:25	0.50	14:50	29:40	30	4:22	255	6:42
Schwimmen Total	0.50	14:50	29:40	30	4:22	255	6:42	0.50	14:50	29:40	30	4:22	255	6:42
Rad netto	20.00	38:56	1:56	15	5:36	157	13:11	20.50	53:46	2:37	30	9:58	255	14:49
Wechsel R -> L	-	1:38	-	22	0:50	198	1:06	20.50	55:24	2:42	30	10:37	255	15:35
Rad Total	20.00	40:34	2:01	16	6:15	171	13:51	20.50	55:24	2:42	30	10:37	255	15:35
Lauf Ziel	5.00	21:47	4:21	5	3:24	70	5:00	25.50	1:17:11	3:01	12	14:01	124	18:45