



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

**Harald Ernst**

**Total time: 1:23:39**

Club: Johannes-Diakonie Mosbach

Number: 363

Course: 25.50 km

Rank in course/Total: 224 (of 354)

Lorsch Triathlon

Rank in course/Men: 181 (of 254)

Best time in course: 58:26

Category:

Rank in category: 19(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	13:06	26:11	22	4:39	205	6:19	0.50	13:06	26:11	30	4:39	255	6:19
Wechsel S -> R	-	3:48	-	22	2:07	199	3:48	0.50	16:54	33:47	30	6:26	255	8:46
Schwimmen Total	0.50	16:54	33:47	30	6:26	255	8:46	0.50	16:54	33:47	30	6:26	255	8:46
Rad netto	20.00	36:41	1:50	6	3:21	86	10:56	20.50	53:35	2:36	30	9:47	255	14:38
Wechsel R -> L	-	1:42	-	24	0:54	210	1:10	20.50	55:17	2:41	30	10:30	255	15:28
Rad Total	20.00	38:23	1:55	7	4:04	99	11:40	20.50	55:17	2:41	30	10:30	255	15:28
Lauf Ziel	5.00	28:22	5:40	27	9:59	209	11:35	25.50	1:23:39	3:16	19	20:29	181	25:13