



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Alexander Schwan

Total time: 1:24:35

Number: 231

Course: 25.50 km

Lorsch Triathlon

Rank in course/Total: 239 (of 354)

Rank in course/Men: 189 (of 254)

Best time in course: 58:26

Category:

männliche AK 4 (TM 35)

Rank in category: 20(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	17:47	35:34	28	9:20	250	11:00	0.50	17:47	35:34	30	9:20	255	11:00
Wechsel S -> R	-	3:30	-	21	1:49	186	3:30	0.50	21:17	42:34	30	10:49	255	13:09
Schwimmen Total	0.50	21:17	42:34	30	10:49	255	13:09	0.50	21:17	42:34	30	10:49	255	13:09
Rad netto	20.00	36:26	1:49	4	3:06	74	10:41	20.50	57:43	2:48	30	13:55	255	18:46
Wechsel R -> L	-	1:29	-	17	0:41	179	0:57	20.50	59:12	2:53	30	14:25	255	19:23
Rad Total	20.00	37:55	1:53	5	3:36	85	11:12	20.50	59:12	2:53	30	14:25	255	19:23
Lauf Ziel	5.00	25:23	5:04	16	7:00	159	8:36	25.50	1:24:35	3:19	20	21:25	189	26:09