



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Martin Ruppert

Total time: 1:24:59

Number: 260

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 243 (of 354)

Rank in course/Men: 192 (of 254)

Best time in course: 58:26

Category:

männliche AK 4 (TM 35)

Rank in category: 22(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	10:21	20:41	9	1:54	88	3:34	0.50	10:21	20:41	30	1:54	255	3:34
Wechsel S -> R	-	3:57	-	23	2:16	208	3:57	0.50	14:18	28:36	30	3:50	255	6:10
Schwimmen Total	0.50	14:18	28:36	30	3:50	255	6:10	0.50	14:18	28:36	30	3:50	255	6:10
Rad netto	20.00	44:01	2:12	28	10:41	228	18:16	20.50	58:19	2:50	30	14:31	255	19:22
Wechsel R -> L	-	0:56	-	3	0:08	70	0:24	20.50	59:15	2:53	30	14:28	255	19:26
Rad Total	20.00	44:57	2:14	25	10:38	222	18:14	20.50	59:15	2:53	30	14:28	255	19:26
Lauf Ziel	5.00	25:44	5:08	20	7:21	169	8:57	25.50	1:24:59	3:19	22	21:49	192	26:33