



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Michael Schmitt

Club: Sc Olympia Lorsch

Number: 256

Course: 25.50 km

Lorsch Triathlon

Category:

männliche AK 4 (TM 35)

Total time: 1:26:43

Rank in course/Total: 264 (of 354)

Rank in course/Men: 204 (of 254)

Best time in course: 58:26

Rank in category: 24(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	10:14	20:27	7	1:47	82	3:27	0.50	10:14	20:27	30	1:47	255	3:27
Wechsel S -> R	-	7:13	-	29	5:32	253	7:13	0.50	17:27	34:53	30	6:59	255	9:19
Schwimmen Total	0.50	17:27	34:53	30	6:59	255	9:19	0.50	17:27	34:53	30	6:59	255	9:19
Rad netto	20.00	42:49	2:08	24	9:29	219	17:04	20.50	1:00:16	2:56	30	16:28	223	21:19
Wechsel R -> L	-	1:03	-	9	0:15	92	0:31	20.50	1:01:19	2:59	30	16:32	255	21:30
Rad Total	20.00	43:52	2:11	24	9:33	218	17:09	20.50	1:01:19	2:59	30	16:32	255	21:30
Lauf Ziel	5.00	25:24	5:04	17	7:01	161	8:37	25.50	1:26:43	3:24	24	23:33	204	28:17