



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Emir Karadza

Club: Schön Klinik Lorsch

Number: 435

Course: 25.50 km

Lorsch Triathlon

Category:

männliche AK 4 (TM 35)

Total time: 1:34:22

Rank in course/Total: 319 (of 354)

Rank in course/Men: 234 (of 254)

Best time in course: 58:26

Rank in category: 29(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	14:43	29:26	27	6:16	231	7:56	0.50	14:43	29:26	30	6:16	255	7:56
Wechsel S -> R	-	4:56	-	28	3:15	243	4:56	0.50	19:39	39:17	30	9:11	255	11:31
Schwimmen Total	0.50	19:39	39:17	30	9:11	255	11:31	0.50	19:39	39:17	30	9:11	255	11:31
Rad netto	20.00	42:34	2:07	23	9:14	216	16:49	20.50	1:02:13	3:02	30	18:25	255	23:16
Wechsel R -> L	-	2:23	-	28	1:35	248	1:51	20.50	1:04:36	3:09	30	19:49	255	24:47
Rad Total	20.00	44:57	2:14	26	10:38	223	18:14	20.50	1:04:36	3:09	30	19:49	255	24:47
Lauf Ziel	5.00	29:46	5:57	29	11:23	224	12:59	25.50	1:34:22	3:42	29	31:12	234	35:56