



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Michael Niebel

Total time: 1:27:39

Number: 160

Course: 25.50 km

Rank in course/Total: 257 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Men: 208 (of 262)

Best time in course: 58:32

Category:

Rank in category: 26(of 32)

Senioren 3 (TM 50)

Best time in the category: 1:02:16

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	16:28	32:55	31	7:48	256	9:31	0.50	16:28	32:55	31	7:48	263	9:31
Wechsel S -> R	-	2:48	-	19	1:26	144	1:32	0.50	19:16	38:31	33	9:00	263	10:50
Schwimmen Total	0.50	19:16	38:31	33	9:00	263	10:50	0.50	19:16	38:31	33	9:00	263	10:50
Rad netto	20.00	38:58	1:56	20	8:06	168	14:34	20.50	58:14	2:50	33	17:06	263	19:58
Wechsel R -> L	-	1:33	-	26	1:02	213	1:06	20.50	59:47	2:54	33	18:00	263	20:39
Rad Total	20.00	40:31	2:01	20	9:00	173	15:22	20.50	59:47	2:54	33	18:00	263	20:39
Lauf Ziel	5.00	27:52	5:34	21	8:16	190	27:52	25.50	1:27:39	3:26	26	25:23	208	29:07