



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Sebastian Steger

Total time: 1:03:20

Number: 262

Course: 25.50 km

Lorsch Triathlon

Rank in course/Total: 9 (of 354)

Rank in course/Men: 8 (of 254)

Best time in course: 58:26

Category:

Senioren 1 (TM 40)

Rank in category: 2(of 23)

Best time in the category: 1:02:23

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	8:23	16:45	2	0:49	9	1:36	0.50	8:23	16:45	24	0:49	255	1:36
Wechsel S -> R	-	1:41	-	4	0:09	12	1:41	0.50	10:04	20:07	24	0:14	255	1:56
Schwimmen Total	0.50	10:04	20:07	24	0:14	255	1:56	0.50	10:04	20:07	24	0:14	255	1:56
Rad netto	20.00	33:33	1:40	4	1:39	21	7:48	20.50	43:37	2:07	4	1:30	255	4:40
Wechsel R -> L	-	0:47	-	3	0:05	37	0:15	20.50	44:24	2:09	4	1:27	255	4:35
Rad Total	20.00	34:20	1:43	5	1:36	18	7:37	20.50	44:24	2:09	4	1:27	255	4:35
Lauf Ziel	5.00	18:56	3:47	1	-	11	2:09	25.50	1:03:20	2:29	2	0:57	8	4:54