



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

**Michael Lofink**

**Total time: 1:23:39**

Club: Johannes-Diakonie Mosbach

Number: 362

Course: 25.50 km

Rank in course/Total: 225 (of 354)

Lorsch Triathlon

Rank in course/Men: 181 (of 254)

Best time in course: 58:26

Category:

Rank in category: 22(of 23)

Senioren 1 (TM 40)

Best time in the category: 1:02:23

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos	Behind	Total		Pos	Behind	Pos	Behind		
	km	Time					km	Time						
Schwimmen nett	0.50	13:06	26:11	22	5:32	205	6:19	0.50	13:06	26:11	24	5:32	255	6:19
Wechsel S -> R	-	3:47	-	22	2:15	196	3:47	0.50	16:53	33:45	24	7:03	255	8:45
Schwimmen Total	0.50	16:53	33:45	24	7:03	255	8:45	0.50	16:53	33:45	24	7:03	255	8:45
Rad netto	20.00	36:41	1:50	14	4:47	86	10:56	20.50	53:34	2:36	24	11:27	255	14:37
Wechsel R -> L	-	1:43	-	21	1:01	213	1:11	20.50	55:17	2:41	24	12:20	255	15:28
Rad Total	20.00	38:24	1:55	15	5:40	100	11:41	20.50	55:17	2:41	24	12:20	255	15:28
Lauf Ziel	5.00	28:22	5:40	23	9:26	209	11:35	25.50	1:23:39	3:16	22	21:16	181	25:13