



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Nils Ludwig

Total time: 1:10:56

Number: 335

Course: 25.50 km  
Lorsch Triathlon

Rank in course/Total: 55 (of 354)

Rank in course/Men: 51 (of 254)

Best time in course: 58:26

Category:

männliche AK 2 (TM 25)

Rank in category: 5(of 30)

Best time in the category: 1:07:29

### 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     | 10:14      | 20:27        | 11       | 1:16        | 82          | 3:27       | 0.50          | 10:14      | 20:27        | 31       | 1:16        | 255     | 3:27       |
| Wechsel S -> R  | -        | 1:59       | -            | 3        | 0:35        | 40          | 1:59       | 0.50          | 12:13      | 24:26        | 31       | 0:58        | 255     | 4:05       |
| Schwimmen Total | 0.50     | 12:13      | 24:26        | 31       | 0:58        | 255         | 4:05       | 0.50          | 12:13      | 24:26        | 31       | 0:58        | 255     | 4:05       |
| Rad netto       | 20.00    | 36:13      | 1:48         | 7        | 10:28       | 69          | 10:28      | 20.50         | 48:26      | 2:21         | 31       | 5:25        | 255     | 9:29       |
| Wechsel R -> L  | -        | 1:18       | -            | 21       | 0:46        | 148         | 0:46       | 20.50         | 49:44      | 2:25         | 31       | 5:45        | 255     | 9:55       |
| Rad Total       | 20.00    | 37:31      | 1:52         | 8        | 10:48       | 74          | 10:48      | 20.50         | 49:44      | 2:25         | 31       | 5:45        | 255     | 9:55       |
| Lauf Ziel       | 5.00     | 21:12      | 4:14         | 7        | 1:26        | 53          | 4:25       | 25.50         | 1:10:56    | 2:46         | 5        | 3:27        | 51      | 12:30      |