



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Nils Siems

Total time: 1:05:45

Club: DLRG Lorsch

Number: 299

Course: 25.50 km

Lorsch Triathlon

Rank in course/Total: 20 (of 354)

Rank in course/Men: 18 (of 254)

Best time in course: 58:26

Category:

Senioren 3 (TM 50)

Rank in category: 3(of 27)

Best time in the category: 1:05:05

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	8:14	16:27	1	-	7	1:27	0.50	8:14	16:27	1	-	255	1:27
Wechsel S -> R	-	1:41	-	2	0:08	12	1:41	0.50	9:55	19:49	1	-	255	1:47
Schwimmen Total	0.50	9:55	19:49	1	-	255	1:47	0.50	9:55	19:49	1	-	255	1:47
Rad netto	20.00	34:21	1:43	6	3:22	31	8:36	20.50	44:16	2:09	28	0:04	255	5:19
Wechsel R -> L	-	0:54	-	6	0:19	64	0:22	20.50	45:10	2:12	28	0:10	255	5:21
Rad Total	20.00	35:15	1:45	6	3:14	28	8:32	20.50	45:10	2:12	28	0:10	255	5:21
Lauf Ziel	5.00	20:35	4:06	7	1:55	38	3:48	25.50	1:05:45	2:34	3	0:40	18	7:19