



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

**Micha Plenefisch**

**Total time: 1:26:16**

Club: SVGG Hirschlanden-Schöckingen

Number: 28

Course: 25.50 km

Rank in course/Total: 260 (of 354)

Lorsch Triathlon

Rank in course/Men: 203 (of 254)

Best time in course: 58:26

Category:

Rank in category: 23(of 27)

Senioren 3 (TM 50)

Best time in the category: 1:05:05

### 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	11:28	22:56	15	3:14	140	4:41	0.50	11:28	22:56	28	3:14	140	4:41
Wechsel S -> R	-	3:27	-	24	1:54	185	3:27	0.50	14:55	29:49	28	5:00	158	6:47
Schwimmen Total	0.50	14:55	29:49	28	5:00	158	6:47	0.50	14:55	29:49	28	5:00	158	6:47
Rad netto	20.00	38:50	1:56	22	7:51	155	13:05	20.50	53:45	2:37	21	9:33	150	14:48
Wechsel R -> L	-	2:54	-	27	2:19	253	2:22	20.50	56:39	2:45	23	11:39	182	16:50
Rad Total	20.00	41:44	2:05	24	9:43	188	15:01	20.50	56:39	2:45	23	11:39	182	16:50
Lauf Ziel	5.00	29:37	5:55	24	10:57	220	12:50	25.50	1:26:16	3:22	23	21:11	203	27:50