



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Nils El-Rikabi

Total time: 1:11:32

Number: 284

Course: 25.50 km

Rank in course/Total: 64 (of 354)

Lorsch Triathlon

Rank in course/Men: 56 (of 254)

Best time in course: 58:26

Category:

Rank in category: 2(of 10)

männliche AK 1 (TM 20)

Best time in the category: 1:04:08

| 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 | 9:15 | 18:30 | 3 | 0:50 | 34 | 2:28 | 0.50 | 9:15 | 18:30 | 11 | 0:50 | 255 | 2:28 |
| Wechsel S -> R | - | 4:13 | - | 8 | 2:40 | 223 | 4:13 | 0.50 | 13:28 | 26:56 | 11 | 3:30 | 255 | 5:20 |
| Schwimmen Total | 0.50 | 13:28 | 26:56 | 11 | 3:30 | 255 | 5:20 | 0.50 | 13:28 | 26:56 | 11 | 3:30 | 255 | 5:20 |
| Rad netto | 20.00 | 36:35 | 1:49 | 3 | 2:38 | 79 | 10:50 | 20.50 | 50:03 | 2:26 | 11 | 6:08 | 85 | 11:06 |
| Wechsel R -> L | - | 0:37 | - | 1 | - | 9 | 0:05 | 20.50 | 50:40 | 2:28 | 11 | 6:08 | 255 | 10:51 |
| Rad Total | 20.00 | 37:12 | 1:51 | 3 | 2:38 | 62 | 10:29 | 20.50 | 50:40 | 2:28 | 11 | 6:08 | 255 | 10:51 |
| Lauf Ziel | 5.00 | 20:52 | 4:10 | 2 | 1:16 | 44 | 4:05 | 25.50 | 1:11:32 | 2:48 | 2 | 7:24 | 56 | 13:06 |