



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Frank Niebler

Total time: 1:19:44

Number: 360

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 176 (of 354)

Rank in course/Men: 152 (of 254)

Best time in course: 58:26

Category:

Rank in category: 19(of 36)

Senioren 4 (TM 55)

Best time in the category: 1:08:12

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	15:36	31:11	33	7:31	245	8:49	0.50	15:36	31:11	37	7:31	255	8:49
Wechsel S -> R	-	2:12	-	9	2:12	55	2:12	0.50	17:48	35:36	30	6:58	255	9:40
Schwimmen Total	0.50	17:48	35:36	30	6:58	255	9:40	0.50	17:48	35:36	30	6:58	255	9:40
Rad netto	20.00	36:09	1:48	6	2:37	65	10:24	20.50	53:57	2:37	37	7:41	255	15:00
Wechsel R -> L	-	1:11	-	12	0:35	121	0:39	20.50	55:08	2:41	37	8:10	255	15:19
Rad Total	20.00	37:20	1:52	6	2:46	69	10:37	20.50	55:08	2:41	37	8:10	255	15:19
Lauf Ziel	5.00	24:36	4:55	14	3:29	139	7:49	25.50	1:19:44	3:07	19	11:32	152	21:18