



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

**Michael Niebel**

**Total time: 1:21:58**

Club: Stickcityrunners

Number: 21

Course: 25.50 km

Rank in course/Total: 204 (of 354)

Lorsch Triathlon

Rank in course/Men: 168 (of 254)

Best time in course: 58:26

Category:

Rank in category: 20(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	15:19	30:37	32	7:14	243	8:32	0.50	15:19	30:37	37	7:14	243	8:32
Wechsel S -> R	-	2:14	-	10	2:14	59	2:14	0.50	17:33	35:06	37	6:43	224	9:25
Schwimmen Total	0.50	17:33	35:06	37	6:43	224	9:25	0.50	17:33	35:06	37	6:43	224	9:25
Rad netto	20.00	37:27	1:52	16	3:55	114	11:42	20.50	55:00	2:40	37	8:44	176	16:03
Wechsel R -> L	-	1:22	-	19	0:46	157	0:50	20.50	56:22	2:44	20	9:24	173	16:33
Rad Total	20.00	38:49	1:56	15	4:15	114	12:06	20.50	56:22	2:44	20	9:24	173	16:33
Lauf Ziel	5.00	25:36	5:07	20	4:29	166	8:49	25.50	1:21:58	3:12	20	13:46	168	23:32