



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

**Ralf Fabian**

**Total time: 1:06:30**

Club: SSG Bensheim

Number: 202

Course: 25.50 km

Rank in course/Total: 24 (of 354)

Lorsch Triathlon

Rank in course/Men: 21 (of 254)

Best time in course: 58:26

Category:

Rank in category: 1(of 13)

Senioren 5 (TM 60)

Best time in the category: 1:06:30

### 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	8:53	17:45	1	-	21	2:06	0.50	8:53	17:45	1	-	255	2:06
Wechsel S -> R	-	1:51	-	1	-	23	1:51	0.50	10:44	21:27	1	-	255	2:36
Schwimmen Total	0.50	10:44	21:27	1	-	255	2:36	0.50	10:44	21:27	1	-	255	2:36
Rad netto	20.00	34:23	1:43	1	-	33	8:38	20.50	45:07	2:12	1	-	255	6:10
Wechsel R -> L	-	1:17	-	6	0:36	144	0:45	20.50	46:24	2:15	1	-	255	6:35
Rad Total	20.00	35:40	1:46	1	-	35	8:57	20.50	46:24	2:15	1	-	255	6:35
Lauf Ziel	5.00	20:06	4:01	1	-	30	3:19	25.50	1:06:30	2:36	1	-	21	8:04