



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Nicolas Grieser

Total time: 1:16:41

Number: 305

Course: 25.50 km

Rank in course/Total: 136 (of 354)

Lorsch Triathlon

Rank in course/Men: 120 (of 254)

Best time in course: 58:26

Category:

Rank in category: 21(of 30)

männliche AK 3 (TM 30)

Best time in the category: 58:26

### 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	11:56	23:52	21	5:09	168	5:09	0.50	11:56	23:52	31	5:09	255	5:09
Wechsel S -> R	-	2:12	-	5	0:51	55	2:12	0.50	14:08	28:15	31	6:00	255	6:00
Schwimmen Total	0.50	14:08	28:15	31	6:00	255	6:00	0.50	14:08	28:15	31	6:00	255	6:00
Rad netto	20.00	38:20	1:55	21	7:31	138	12:35	20.50	52:28	2:33	31	13:31	255	13:31
Wechsel R -> L	-	0:47	-	6	0:11	37	0:15	20.50	53:15	2:35	31	13:26	255	13:26
Rad Total	20.00	39:07	1:57	19	7:26	123	12:24	20.50	53:15	2:35	31	13:26	255	13:26
Lauf Ziel	5.00	23:26	4:41	22	6:39	109	6:39	25.50	1:16:41	3:00	21	18:15	120	18:15