



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Nico Kruczek

Total time: 1:25:56

Number: 285

Course: 25.50 km

Rank in course/Total: 256 (of 354)

Lorsch Triathlon

Rank in course/Men: 201 (of 254)

Best time in course: 58:26

Category:

Rank in category: 23(of 29)

männliche AK 4 (TM 35)

Best time in the category: 1:03:10

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	12:48	25:36	21	4:21	196	6:01	0.50	12:48	25:36	30	4:21	255	6:01
Wechsel S -> R	-	3:57	-	23	2:16	208	3:57	0.50	16:45	33:30	30	6:17	255	8:37
Schwimmen Total	0.50	16:45	33:30	30	6:17	255	8:37	0.50	16:45	33:30	30	6:17	255	8:37
Rad netto	20.00	39:41	1:59	19	6:21	182	13:56	20.50	56:26	2:45	30	12:38	255	17:29
Wechsel R -> L	-	2:45	-	29	1:57	252	2:13	20.50	59:11	2:53	30	14:24	255	19:22
Rad Total	20.00	42:26	2:07	21	8:07	198	15:43	20.50	59:11	2:53	30	14:24	255	19:22
Lauf Ziel	5.00	26:45	5:20	25	8:22	186	9:58	25.50	1:25:56	3:22	23	22:46	201	27:30