



# 6. Lorsche Triathlon

Lorsch / 02.08.2009

## Detailed evaluation

**Fluck, Heike**

**Total time: 1:24:33**

Club: Frankfurt

Number: 7

Course: 25.50 km

Rank in course/Total: 233 (of 322)

Lorsche Triathlon 0,5-20-5

Rank in course/Women: 47 (of 82)

Best time in course: 1:04:29

Category:

Rank in category: 12(of 17)

Seniorinnen 1 (TW 40-44)

Best time in the category: 1:16:05

### Intermediate times

### Stage score

### Total ranking

| Control   | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
|-----------|-------------|---------------|---------------|-------------|----------------|--------------|-----------------|-------------|---------------|---------------|-------------|----------------|--------------|-----------------|
|           |             |               |               |             |                |              |                 |             |               |               |             |                |              |                 |
| Schwimmen | 0.50        | fehlt!        | -             | -           | -              | -            | -               | 0.50        | -             | -             | -           | -              | -            | -               |
| Rad       | 20.00       | fehlt!        | -             | -           | -              | -            | -               | 20.50       | -             | -             | -           | -              | -            | -               |
| Lauf      | 5.00        | 1:24:33       | 3.55          | 17          | 1:01:48        | 80           | 1:02:01         | 25.50       | 1:24:33       | 17.74         | 12          | 8:28           | 47           | 20:04           |