



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Holz, Yasmin

Total time: 1:19:18

Club: Mannheim

Number: 79

Course: 25.50 km

Rank in course/Total: 166 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 23 (of 82)

Best time in course: 1:04:29

Category:

Rank in category: 5(of 11)

weibl. AK 3 (TW 30-34)

Best time in the category: 1:10:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Schwimmen	0.50	11:07	0.00	3	2:40	14	3:22	0.50	11:07	0.00	8			15	
Rad	20.00	42:22	28.32	1	-	4	4:33	20.50	53:29	22.44	8			51	
Lauf	5.00	25:49	11.62	3	2:09	13	3:17	25.50	1:19:18	18.92	5	8:51	23	14:49	