



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Benincasa Meyer, Stefania

Total time: 1:35:12

Club: Heppenheim

Number: 92

Course: 25.50 km

Rank in course/Total: 269 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 65 (of 74)

Best time in course: 1:03:24

Category:

Rank in category: 11(of 12)

weibl. AK 3 (TW 30-34)

Best time in the category: 1:13:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	13:41	0.00	11	3:00	67	6:38	0.50	13:41	0.00	5	2:18	75	5:11
Schwimmen Total	0.50	13:41												
Rad	20.00	47:22	25.33	9	6:52	49	11:27	20.50	1:01:03	19.66	5	9:10	75	16:38
Rad Total	20.00	47:22												
Lauf	5.00	34:09	8.78	11	12:53	72	15:17	25.50	1:35:12	15.76	11	22:03	65	31:48
Lauf Total	25.00	1:35:12												