



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Rader, Elke

Total time: 1:38:17

Club: Heppenheim

Number: 143

Course: 25.50 km

Rank in course/Total: 275 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 69 (of 74)

Best time in course: 1:03:24

Category:

Rank in category: 19(of 20)

Seniorinnen 1 (TW 40-44)

Best time in the category: 1:13:26

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	12:06	0.00	16	2:42	45	5:03	0.50	12:06	0.00	21		75	3:36
Schwimmen Total	0.50	12:06												
Rad	20.00	58:58	20.35	19	19:30	72	23:03	20.50	1:11:04	16.89	21		75	26:39
Rad Total	20.00	58:58												
Lauf	5.00	27:13	11.02	15	8:21	46	8:21	25.50	1:38:17	15.26	19	24:51	69	34:53
Lauf Total	25.00	1:38:17												