



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Emmenlauer, Simone

Total time: 1:21:17

Club: Bensheim

Number: 227

Course: 25.50 km

Rank in course/Total: 180 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 30 (of 74)

Best time in course: 1:03:24

Category:

Rank in category: 4(of 7)

weibl. AK 4 (TW 35-39)

Best time in the category: 1:03:24

Intermediate times

Stage score

Total ranking

Control	Split		Split km/h	Pos Cat.	Behind Cat.	Pos		Behind	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
	km	Time				Women	Women								
Schwimmen	0.50	9:15	0.00	3	0:45	8	2:12	0.50	9:15	0.00	8			9	0:45
Schwimmen Total	0.50	9:15													
Rad	20.00	43:31	27.58	4	7:36	20	7:36	20.50	52:46	22.74	8			9	8:21
Rad Total	20.00	43:31													
Lauf	5.00	28:31	10.52	6	9:32	56	9:39	25.50	1:21:17	18.45	4	17:53	30	17:53	
Lauf Total	25.00	1:21:17													