



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

## Detailed evaluation

Lahaye, Tanja

Total time: 1:23:37

Club: Bensheim

Number: 283

Course: 25.50 km

Rank in course/Total: 209 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 38 (of 74)

Best time in course: 1:03:24

Category:

Rank in category: 14(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	12:53	0.00	19	3:29	56	5:50	0.50	12:53	0.00	21		75	4:23
Schwimmen Total	0.50	12:53												
Rad	20.00	44:38	26.89	12	5:10	32	8:43	20.50	57:31	20.86	21		75	13:06
Rad Total	20.00	44:38												
Lauf	5.00	26:06	11.49	12	7:14	37	7:14	25.50	1:23:37	17.94	14	10:11	38	20:13
Lauf Total	25.00	1:23:37												