



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

## Detailed evaluation

### Gumb, Gudrun

Club: SSG Bensheim

Number: 321

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

Seniorinnen 2 TW 45-49)

Total time: 1:18:57

Rank in course/Total: 154 (of 294)

Rank in course/Women: 16 (of 74)

Best time in course: 1:03:24

Rank in category: 2(of 10)

Best time in the category: 1:12:55

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	9:36	0.00	2	1:18	11	2:33	0.50	9:36	0.00	11	1:18	75	1:06
Schwimmen Total	0.50	9:36												
Rad	20.00	44:35	26.92	6	5:46	30	8:40	20.50	54:11	22.15	11	2:34	75	9:46
Rad Total	20.00	44:35												
Lauf	5.00	24:46	12.11	4	1:55	25	5:54	25.50	1:18:57	19.00	2	6:02	16	15:33
Lauf Total	25.00	1:18:57												