



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

## Detailed evaluation

**Helmstädter, Maria**

**Total time: 1:23:21**

Club: LSV07 Ludwigshafen

Number: 369

Course: 25.50 km

Rank in course/Total: 205 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 36 (of 74)

Best time in course: 1:03:24

Category:

Rank in category: 4(of 9)

Seniorinnen 3 (TW 50-54)

Best time in the category: 1:12:53

### 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	11:22	0.00	4	1:58	26	4:19		0.50	11:22	0.00	10	0:14	75	2:52
Schwimmen Total	0.50	11:22													
Rad	20.00	49:18	24.34	6	10:31	57	13:23	20.50	1:00:40	19.78	10	3:54	75	16:15	
Rad Total	20.00	49:18													
Lauf	5.00	22:41	13.23	2	0:44	11	3:49	25.50	1:23:21	18.00	4	10:28	36	19:57	
Lauf Total	25.00	1:23:21													