



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Heinrich, Elena

Total time: 1:19:10

Club: TSV Pfungstadt

Number: 75

Course: 25.50 km

Rank in course/Total: 155 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 17 (of 74)

Best time in course: 1:03:24

Category:

Rank in category: 3(of 10)

Seniorinnen 2 TW 45-49)

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	8:18	0.00	1	-	3	1:15	0.50	8:18	0.00	1	-	75	
Schwimmen Total	0.50	8:18												
Rad	20.00	43:19	27.70	3	4:30	18	7:24	20.50	51:37	23.25	1	-	75	7:12
Rad Total	20.00	43:19												
Lauf	5.00	27:33	10.89	6	4:42	51	8:41	25.50	1:19:10	18.95	3	6:15	17	15:46
Lauf Total	25.00	1:19:10												