



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Krämer, Sandra

Total time: 1:19:19

Club: Laudenbach

Number: 65

Course: 25.50 km

Rank in course/Total: 158 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 18 (of 74)

Best time in course: 1:03:24

Category:

Rank in category: 6(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		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Schwimmen	0.50	11:21	0.00	7	1:57	25	4:18	0.50	11:21	0.00	18		75	2:51
Schwimmen Total	0.50	11:21												
Rad	20.00	40:29	29.64	2	1:01	7	4:34	20.50	51:50	23.15	18		75	7:25
Rad Total	20.00	40:29												
Lauf	5.00	27:29	10.92	16	8:37	48	8:37	25.50	1:19:19	18.91	6	5:53	18	15:55
Lauf Total	25.00	1:19:19												