



8. Lorsche Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Fluck, Heike

Total time: 1:20:54

Club: Mannem vorn

Number: 60

Course: 25.50 km

Rank in course/Total: 176 (of 294)

Lorsche Triathlon 0,5-20-5

Rank in course/Women: 27 (of 74)

Best time in course: 1:03:24

Category:

Rank in category: 10(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	11:44	2.56	13	2:20	36	4:41	0.50	11:44	2.56	16		75	3:14
Schwimmen Total	0.50	11:44												
Rad	20.00	44:59	26.68	13	5:31	33	9:04	20.50	56:43	21.69	16		75	12:18
Rad Total	20.00	44:59												
Lauf	5.00	24:11	12.41	8	5:19	22	5:19	25.50	1:20:54	18.91	10	7:28	27	17:30
Lauf Total	25.00	1:20:54												