



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

## Detailed evaluation

**Jost, Carolin**

**Total time: 1:21:11**

Club: Dieburg

Number: 69

Course: 25.50 km

Rank in course/Total: 179 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 29 (of 74)

Best time in course: 1:03:24

Category:

Rank in category: 11(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	11:15	0.00	6	1:51	23	4:12	0.50	11:15	0.00	15		75	2:45
Schwimmen Total	0.50	11:15												
Rad	20.00	44:24	27.03	11	4:56	28	8:29	20.50	55:39	21.56	15		75	11:14
Rad Total	20.00	44:24												
Lauf	5.00	25:32	11.75	11	6:40	34	6:40	25.50	1:21:11	18.48	11	7:45	29	17:47
Lauf Total	25.00	1:21:11												