



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Heltmann, Heike

Total time: 1:20:55

Club: Mannheim

Number: 94

Course: 25.50 km

Rank in course/Total: 177 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 28 (of 74)

Best time in course: 1:03:24

Category:

Rank in category: 2(of 8)

weibl. AK 2 (TW 25-29)

Best time in the category: 1:18:36

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 Wome	Behind Women
	km	Time				Wome	Women								
Schwimmen	0.50	9:13	0.00	2	0:34	6	2:10	0.50	9:13	0.00	1	-	75	0:43	
Schwimmen Total	0.50	9:13													
Rad	20.00	45:22	26.45	2	0:46	36	9:27	20.50	54:35	21.98	1	-	75	10:10	
Rad Total	20.00	45:22													
Lauf	5.00	26:20	11.39	4	3:24	40	7:28	25.50	1:20:55	18.54	2	2:19	28	17:31	
Lauf Total	25.00	1:20:55													