



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Baust, Sonja

Total time: 1:27:02

Club: TV Dielheim

Number: 81

Course: 25.50 km

Rank in course/Total: 233 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 49 (of 74)

Best time in course: 1:03:24

Category:

Rank in category: 8(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		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Schwimmen	0.50	14:14	0.00	10	5:56	72	7:11	0.50	14:14	0.00	4	5:56	75	5:44
Schwimmen Total	0.50	14:14												
Rad	20.00	45:19	26.48	7	6:30	34	9:24	20.50	59:33	20.15	4	7:56	75	15:08
Rad Total	20.00	45:19												
Lauf	5.00	27:29	10.92	5	4:38	48	8:37	25.50	1:27:02	17.23	8	14:07	49	23:38
Lauf Total	25.00	1:27:02												