



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Ruthe, Heidi

Total time: 1:28:34

Club: Seeheim-Jugenheim

Number: 93

Course: 25.50 km

Rank in course/Total: 240 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 55 (of 74)

Best time in course: 1:03:24

Category:

Rank in category: 7(of 7)

weibl. AK 4 (TW 35-39)

Best time in the category: 1:03:24

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	11:54	0.00	5	3:24	42	4:51	0.50	11:54	0.00	2		75	3:24
Schwimmen Total	0.50	11:54												
Rad	20.00	48:00	25.00	7	12:05	53	12:05	20.50	59:54	20.03	2		75	15:29
Rad Total	20.00	48:00												
Lauf	5.00	28:40	10.47	7	9:41	58	9:48	25.50	1:28:34	16.94	7	25:10	55	25:10
Lauf Total	25.00	1:28:34												