



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Notopol, Janine

Total time: 1:23:43

Club: BSG JVA Darmstadt

Number: 221

Course: 25.75 km

Rank in course/Total: 207 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 33 (of 56)

Best time in course: 1:04:35

Category:

Rank in category: 9(of 11)

weibl. AK 3 (TW 30-34)

Best time in the category: 1:12:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Schwimmen	0.50	12:43	25:26	9	4:44	43	5:47	0.50	12:43	25:26	12	3:33	57		
Schwimmen Total	0.50	12:43													
Wechsel Schw.-R	0.25	2:01	8:03	1	-	4	0:21	0.75	14:44	19:38	12	3:31	57		
Rad	20.00	41:54	2:05	8	4:23	35	8:06	20.75	56:38	2:43	12	7:54	57		
Rad Total	20.25	43:55													
Laufrunde 2,5 km	2.50	13:42	5:28	8	2:36	29	3:32	23.25	1:10:20	3:01	12	9:59	57		
Lauf	2.50	13:23	5:21	7	1:44	26	3:12	25.75	1:23:43	3:15	9	11:28	33	19:08	
Lauf Total	25.25	1:23:43													