



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Fronia, Stephanie**

Club: Ginsheim-Gustavsburg

Number: 301

**Total time: 1:43:34**

Enduro E Bike

Rank in course/Total: 299 (of 307)

Rank in course/Women: 56 (of 56)

Best time in course: 1:04:35

Category:

Rank in category: 7(of 7)

Seniorinnen 1 (TW 40-44)

Best time in the category: 1:13:46

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	13:26	26:52	7	4:10	51	6:30	0.50	13:26	26:52	8	4:10	57	
Schwimmen Total	0.50	13:26												
Wechsel Schw.-R	0.25	7:11	28:44	7	4:56	56	5:31	0.75	20:37	27:29	8	9:06	57	
Rad	20.00	50:06	2:30	7	11:29	56	16:18	20.75	1:10:43	3:24	8	20:35	57	2:09
Rad Total	20.25	57:17												
Laufrunde 2,5 km	2.50	16:20	6:31	6	4:45	53	6:10	23.25	1:27:03	3:44	8	25:20	57	4:34
Lauf	2.50	16:31	6:36	7	4:28	53	6:20	-	1:43:34	-	7	29:48	56	38:59
Lauf Total	0.00	1:43:34												