



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Hofer, Bernadette

Total time: 1:31:16

Club: Bensheim

Number: 13

Course: 25.75 km

Rank in course/Total: 264 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 45 (of 56)

Best time in course: 1:04:35

Category:

Rank in category: 4(of 5)

Seniorinnen 3 (TW 50-54)

Best time in the category: 1:22:42

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	15:10	30:19	5	3:53	54	8:14	0.50	15:10	30:19	2	3:12	57	
Schwimmen Total	0.50	15:10												
Wechsel Schw.-R	0.25	3:28	13:52	4	0:48	50	1:48	0.75	18:38	24:50	2	3:00	57	
Rad	20.00	44:52	2:14	4	3:25	44	11:04	20.75	1:03:30	3:03	2	6:25	57	
Rad Total	20.25	48:20												
Laufrunde 2,5 km	2.50	14:16	5:42	3	1:26	38	4:06	23.25	1:17:46	3:20	2	7:51	57	
Lauf	2.50	13:30	5:24	2	0:43	28	3:19	25.75	1:31:16	3:32	4	8:34	45	26:41
Lauf Total	25.25	1:31:16												