



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Helwig, Eva

Club: LG Ried

Number: 57

Course: 25.75 km

Lorsch Triathlon 0,5-20-5

Category:

weibl. AK 2 (TW 25-29)

Total time: 1:15:14

Rank in course/Total: 115 (of 307)

Rank in course/Women: 11 (of 56)

Best time in course: 1:04:35

Rank in category: 1(of 5)

Best time in the category: 1:15:14

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	11:23	22:45	2	2:19	25	4:27	0.50	11:23	22:45	1	-	40	
Schwimmen Total	0.50	11:23												
Wechsel Schw.-R	0.25	2:09	8:35	1	-	13	0:29	0.75	13:32	18:02	1	-	40	
Rad	20.00	40:57	2:02	3	1:17	29	7:09	20.75	54:29	2:37	1	-	40	
Rad Total	20.25	43:06												
Laufrunde 2,5 km	2.50	10:22	4:08	1	-	3	0:12	23.25	1:04:51	2:47	1	-	40	
Lauf	2.50	10:23	4:09	1	-	3	0:12	25.75	1:15:14	2:55	1	-	11	10:39
Lauf Total	25.25	1:15:14												