



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Fluck, Heike**

**Total time: 1:20:43**

Club: Mannem vorn

Number: 64

Course: 25.75 km

Rank in course/Total: 180 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 22 (of 56)

Best time in course: 1:04:35

Category:

Rank in category: 8(of 10)

Seniorinnen 2 TW 45-49)

Best time in the category: 1:13:09

### 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	11:08	22:15	4	1:45	20	4:12	0.50	11:08	22:15	7			49
Schwimmen Total	0.50	11:08												
Wechsel Schw.-R	0.25	3:04	12:16	9	1:03	42	1:24	0.75	14:12	18:56	7			49
Rad	20.00	40:25	2:01	8	3:21	25	6:37	20.75	54:37	2:37	7	3:07		49
Rad Total	20.25	43:29												
Laufrunde 2,5 km	2.50	13:17	5:18	6	2:25	24	3:07	23.25	1:07:54	2:55	7	4:43		49
Lauf	2.50	12:49	5:07	6	1:41	20	2:38	25.75	1:20:43	3:08	8	7:34	22	16:08
Lauf Total	25.25	1:20:43												