



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Moock, Gabriela

Total time: 1:24:16

Club: SSG Trias Bensheim

Number: 62

Course: 25.75 km

Rank in course/Total: 215 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 35 (of 56)

Best time in course: 1:04:35

Category:

Rank in category: 2(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	11:17	22:33	1	-	21	4:21	0.50	11:17	22:33	6			39
Schwimmen Total	0.50	11:17												
Wechsel Schw.-R	0.25	2:40	10:39	1	-	25	1:00	0.75	13:57	18:35	6			56
Rad	20.00	41:49	2:05	2	0:22	34	8:01	20.75	55:46	2:41	6			56
Rad Total	20.25	44:29												
Laufrunde 2,5 km	2.50	14:14	5:41	2	1:24	36	4:04	23.25	1:10:00	3:00	6	0:05		56
Lauf	2.50	14:16	5:42	4	1:29	38	4:05	25.75	1:24:16	3:16	2	1:34	35	19:41
Lauf Total	25.25	1:24:16												