



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Lyhs, Svenja

Club: Küsnacht

Number: 76

Course: 25.75 km

Lorsch Triathlon 0,5-20-5

Category:

weibl. AK 4 (TW 35-39)

Total time: 1:28:54

Rank in course/Total: 251 (of 307)

Rank in course/Women: 41 (of 56)

Best time in course: 1:04:35

Rank in category: 6(of 8)

Best time in the category: 1:04:35

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	13:08	26:15	7	4:35	47	6:12	0.50	13:08	26:15	5	4:35	4	
Schwimmen Total	0.50	13:08												
Wechsel Schw.-R	0.25	2:48	11:11	5	0:57	27	1:08	0.75	15:56	21:14	5	5:32	4	
Rad	20.00	43:41	2:11	6	9:53	38	9:53	20.75	59:37	2:52	5	15:25	4	
Rad Total	20.25	46:29												
Laufrunde 2,5 km	2.50	14:29	5:47	5	4:19	43	4:19	23.25	1:14:06	3:11	5	19:44	4	
Lauf	2.50	14:48	5:55	6	4:35	46	4:37	25.75	1:28:54	3:27	6	24:19	41	24:19
Lauf Total	25.25	1:28:54												