



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Rüdiger, Kathrin

Total time: 1:30:20

Club: Lorsch

Number: 50

Course: 25.75 km

Rank in course/Total: 258 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 43 (of 56)

Best time in course: 1:04:35

Category:

Rank in category: 9(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	11:52	23:44	7	2:29	28	4:56	0.50	11:52	23:44	8	0:35	6	
Schwimmen Total	0.50	11:52												
Wechsel Schw.-R	0.25	2:57	11:48	8	0:56	35	1:17	0.75	14:49	19:45	8	0:23	6	
Rad	20.00	41:13	2:03	9	4:09	30	7:25	20.75	56:02	2:42	8	4:32	6	
Rad Total	20.25	44:10												
Laufrunde 2,5 km	2.50	16:51	6:44	10	5:59	55	6:41	23.25	1:12:53	3:08	8	9:42	6	
Lauf	2.50	17:27	6:58	9	6:19	55	7:16	25.75	1:30:20	3:30	9	17:11	43	25:45
Lauf Total	25.25	1:30:20												