



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Benincasa Meyer, Stefania

Total time: 1:32:01

Club: Heppenheim

Number: 71

Enduro E Bike

Rank in course/Total: 269 (of 307)

Rank in course/Women: 48 (of 56)

Best time in course: 1:04:35

Category:

Rank in category: 11(of 11)

weibl. AK 3 (TW 30-34)

Best time in the category: 1:12:15

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	13:00	26:00	10	5:01	46	6:04	0.50	13:00	26:00	7	3:50	9	
Schwimmen Total	0.50	13:00												
Wechsel Schw.-R	0.25	2:56	11:43	10	0:55	33	1:16	0.75	15:56	21:14	7	4:43	4	
Rad	20.00	44:05	2:12	10	6:34	41	10:17	20.75	1:00:01	2:53	7	11:17	9	
Rad Total	20.25	47:01												
Laufrunde 2,5 km	2.50	15:55	6:21	11	4:49	50	5:45	23.25	1:15:56	3:15	7	15:35	9	
Lauf	2.50	16:05	6:25	11	4:26	50	5:54	-	1:32:01	-	11	19:46	48	27:26
Lauf Total	0.00	1:32:01												