



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Ruthe, Heidi

Total time: 1:33:57

Club: Seeheim-Jugenheim

Number: 93

Course: 25.75 km

Rank in course/Total: 281 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 52 (of 56)

Best time in course: 1:04:35

Category:

Rank in category: 8(of 8)

weibl. AK 4 (TW 35-39)

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	12:31	25:02	6	3:58	40	5:35	0.50	12:31	25:02	7	3:58	12	
Schwimmen Total	0.50	12:31												
Wechsel Schw.-R	0.25	3:00	12:00	7	1:09	38	1:20	0.75	15:31	20:41	7	5:07	12	
Rad	20.00	45:28	2:16	7	11:40	46	11:40	20.75	1:00:59	2:56	7	16:47	12	
Rad Total	20.25	48:28												
Laufrunde 2,5 km	2.50	16:26	6:34	8	6:16	54	6:16	23.25	1:17:25	3:19	7	23:03	12	
Lauf	2.50	16:32	6:36	8	6:19	54	6:21	25.75	1:33:57	3:38	8	29:22	52	29:22
Lauf Total	25.25	1:33:57												