



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Deuerling, Silke**

**Total time: 1:36:05**

Club: Heddesheim

Number: 55

Course: 25.75 km

Rank in course/Total: 289 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 54 (of 56)

Best time in course: 1:04:35

Category:

Rank in category: 6(of 7)

Seniorinnen 1 (TW 40-44)

Best time in the category: 1:13:46

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	12:52	25:44	4	3:36	44	5:56	0.50	12:52	25:44	5	3:36	14	
Schwimmen Total	0.50	12:52												
Wechsel Schw.-R	0.25	3:10	12:39	5	0:55	45	1:30	0.75	16:02	21:22	5	4:31	14	
Rad	20.00	47:51	2:23	6	9:14	54	14:03	20.75	1:03:53	3:04	5	13:45	14	
Rad Total	20.25	51:01												
Laufrunde 2,5 km	2.50	15:55	6:21	4	4:20	50	5:45	23.25	1:19:48	3:25	5	18:05	14	
Lauf	2.50	16:17	6:30	6	4:14	52	6:06	25.75	1:36:05	3:43	6	22:19	54	31:30
Lauf Total	25.25	1:36:05												