



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Fronia, Stephanie

Total time: 1:37:04

Club: TG Plattfuß

Number: 76

Course: 25.75 km

Rank in course/Total: 309 (of 322)

Lorsche Triathlon 0,5-20,0-5,0

Rank in course/Women: 59 (of 62)

Best time in course: 1:01:23

Category:

Rank in category: 5(of 6)

Seniorinnen 1 (TW 40-44)

Best time in the category: 1:18:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	12:57	2.32	3	2:11	48	6:23	0.50	12:57	2.32	5	2:11	62	3:21
Wechsel Schwim	0.20	4:33	2.64	5	2:31	60	3:06	0.70	17:30	2.40	5	4:10	62	5:47
Schwimmen Total	0.70	17:30	2.40	5	4:10	62	5:47	0.70	17:30	2.40	5	4:10	62	5:47
Rad	20.00	47:38	25.19	5	9:43	59	15:20	20.70	1:05:08	19.07	5	13:53	62	14:43
Wechsel Rad-Lauf	0.05	2:22	1.27	6	1:24	61	1:49	20.75	1:07:30	18.44	5	15:17	62	15:59
Rad Total	20.05	50:00	24.06	5	11:07	60	17:09	20.75	1:07:30	18.44	5	15:17	62	15:59
Lauf	5.00	29:34	10.15	5	3:46	50	9:53	25.75	1:37:04	15.92	5	19:03	60	35:41