



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Sertel, Barbara

Total time: 1:22:19

Number: 197

Course: 25.75 km

Rank in course/Total: 230 (of 322)

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

Rank in course/Women: 33 (of 62)

Best time in course: 1:01:23

Category:

Rank in category: 3(of 9)

Seniorinnen 3 (TW 50-54)

Best time in the category: 1:15:51

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	10:13	2.94	1	-	10	3:39	0.50	10:13	2.94	10		62	0:37
Wechsel Schwim	0.20	3:41	3.26	7	1:22	53	2:14	0.70	13:54	3.02	10	0:31	62	2:11
Schwimmen Total	0.70	13:54	3.02	10	0:31	62	2:11	0.70	13:54	3.02	10	0:31	62	2:11
Rad	20.00	42:26	28.28	4	3:43	44	10:08	20.70	56:20	22.05	10	4:14	62	5:55
Wechsel Rad-Lauf	0.05	1:25	2.12	7	0:26	48	0:52	20.75	57:45	21.56	10	4:24	62	6:14
Rad Total	20.05	43:51	27.43	5	3:53	45	11:00	20.75	57:45	21.56	10	4:24	62	6:14
Lauf	5.00	24:34	12.21	3	2:04	20	4:53	25.75	1:22:19	18.77	3	6:28	34	20:56