



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Korn-Distel, Anja

Total time: 1:29:41

Club: Skiclub Heppenheim

Number: 312

Course: 25.75 km

Rank in course/Total: 282 (of 322)

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

Rank in course/Women: 49 (of 62)

Best time in course: 1:01:23

Category:

Rank in category: 7(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	12:59	2.31	5	2:46	49	6:25	0.50	12:59	2.31	10	2:00	62	3:23
Wechsel Schwim	0.20	2:58	4.04	5	0:39	40	1:31	0.70	15:57	2.63	10	2:34	62	4:14
Schwimmen Total	0.70	15:57	2.63	10	2:34	62	4:14	0.70	15:57	2.63	10	2:34	62	4:14
Rad	20.00	40:46	29.44	3	2:03	38	8:28	20.70	56:43	21.90	10	4:37	62	6:18
Wechsel Rad-Lauf	0.05	1:31	1.98	8	0:32	54	0:58	20.75	58:14	21.38	10	4:53	62	6:43
Rad Total	20.05	42:17	28.45	3	2:19	39	9:26	20.75	58:14	21.38	10	4:53	62	6:43
Lauf	5.00	31:27	9.54	8	8:57	54	11:46	25.75	1:29:41	17.23	7	13:50	50	28:18