



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Christof, Johanna

Total time: 1:24:22

Club: LT Lorsch

Number: 19

Course: 25.75 km

Rank in course/Total: 242 (of 322)

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

Rank in course/Women: 35 (of 62)

Best time in course: 1:01:23

Category:

Rank in category: 4(of 5)

weibl. AK 1 (TW 20-24)

Best time in the category: 1:01:23

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	11:21	2.64	3	4:47	26	4:47	0.50	11:21	2.64	6	4:47	62	1:45
Wechsel Schwim	0.20	3:51	3.12	5	2:18	55	2:24	0.70	15:12	2.76	6	7:05	62	3:29
Schwimmen Total	0.70	15:12	2.76	6	7:05	62	3:29	0.70	15:12	2.76	6	7:05	62	3:29
Rad	20.00	39:44	30.20	3	7:26	33	7:26	20.70	54:56	22.61	6	14:31	62	4:31
Wechsel Rad-Lauf	0.05	1:04	2.81	4	0:31	27	0:31	20.75	56:00	22.23	6	15:02	62	4:29
Rad Total	20.05	40:48	29.49	3	7:57	32	7:57	20.75	56:00	22.23	6	15:02	62	4:29
Lauf	5.00	28:22	10.58	5	7:57	47	8:41	25.75	1:24:22	18.31	4	22:59	36	22:59