



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Fluck, Heike

Total time: 1:18:06

Club: Mannem vorne!

Number: 64

Course: 25.75 km

Rank in course/Total: 185 (of 322)

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

Rank in course/Women: 22 (of 62)

Best time in course: 1:01:23

Category:

Rank in category: 6(of 12)

Seniorinnen 2 TW 45-49)

Best time in the category: 1:13:25

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	10:49	2.77	4	1:13	16	4:15	0.50	10:49	2.77	5		62	1:13
Wechsel Schwim	0.20	2:31	4.77	6	0:38	27	1:04	0.70	13:20	3.15	5		62	1:37
Schwimmen Total	0.70	13:20	3.15	5		62	1:37	0.70	13:20	3.15	5		62	1:37
Rad	20.00	38:43	30.99	7	3:13	23	6:25	20.70	52:03	23.86	5	2:02	62	1:38
Wechsel Rad-Lauf	0.05	0:57	3.16	5	0:21	16	0:24	20.75	53:00	23.49	5	1:59	62	1:29
Rad Total	20.05	39:40	30.33	6	3:15	23	6:49	20.75	53:00	23.49	5	1:59	62	1:29
Lauf	5.00	25:06	11.95	6	2:42	22	5:25	25.75	1:18:06	19.78	6	4:41	23	16:43