



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Dr. Moock, Gabriela

Total time: 1:21:08

Club: SSG Trias Bensheim

Number: 52

Course: 25.75 km

Rank in course/Total: 215 (of 322)

Lorsch Triathlon 0,5-20,0-5,0

Rank in course/Women: 29 (of 62)

Best time in course: 1:01:23

Category:

Rank in category: 2(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	11:32	2.60	4	1:19	32	4:58	0.50	11:32	2.60	2	0:33	62	1:56
Wechsel Schwim	0.20	2:19	5.18	1	-	17	0:52	0.70	13:51	3.03	2	0:28	62	2:08
Schwimmen Total	0.70	13:51	3.03	2	0:28	62	2:08	0.70	13:51	3.03	2	0:28	62	2:08
Rad	20.00	39:34	30.33	2	0:51	30	7:16	20.70	53:25	23.25	2	1:19	62	3:00
Wechsel Rad-Lauf	0.05	1:13	2.47	4	0:14	38	0:40	20.75	54:38	22.79	2	1:17	62	3:07
Rad Total	20.05	40:47	29.50	2	0:49	31	7:56	20.75	54:38	22.79	2	1:17	62	3:07
Lauf	5.00	26:30	11.32	4	4:00	34	6:49	25.75	1:21:08	19.04	2	5:17	30	19:45