



# 10. Lorsche Triathlon

Lorsch / 11.08.2013

## Detailed evaluation

Spanowsky, Alisa

Total time: 1:25:28

Number: 67

Course: 25.75 km

Rank in course/Total: 253 (of 322)

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

Rank in course/Women: 37 (of 62)

Best time in course: 1:01:23

Category:

Rank in category: 7(of 11)

weibl. AK 2 (TW 25-29)

Best time in the category: 1:12:41

### Intermediate times

### Stage score

### Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
|------------------|-------------|---------------|---------------|-------------|----------------|--------------|-----------------|-------------|---------------|---------------|-------------|----------------|--------------|-----------------|
| Schwimmen        | 0.50        | 11:28         | 2.62          | 7           | 2:25           | 31           | 4:54            | 0.50        | 11:28         | 2.62          | 7           | 0:33           | 62           | 1:52            |
| Wechsel Schwim   | 0.20        | 2:24          | 5.00          | 5           | 0:25           | 21           | 0:57            | 0.70        | 13:52         | 3.03          | 7           | 0:58           | 62           | 2:09            |
| Schwimmen Total  | 0.70        | 13:52         | 3.03          | 7           | 0:58           | 62           | 2:09            | 0.70        | 13:52         | 3.03          | 7           | 0:58           | 62           | 2:09            |
| Rad              | 20.00       | 42:12         | 28.44         | 8           | 4:51           | 42           | 9:54            | 20.70       | 56:04         | 22.15         | 7           | 5:49           | 62           | 5:39            |
| Wechsel Rad-Lauf | 0.05        | 1:37          | 1.86          | 10          | 0:50           | 58           | 1:04            | 20.75       | 57:41         | 21.58         | 7           | 6:35           | 62           | 6:10            |
| Rad Total        | 20.05       | 43:49         | 27.46         | 8           | 5:37           | 44           | 10:58           | 20.75       | 57:41         | 21.58         | 7           | 6:35           | 62           | 6:10            |
| Lauf             | 5.00        | 27:47         | 10.80         | 7           | 6:12           | 43           | 8:06            | 25.75       | 1:25:28       | 18.08         | 8           | 12:47          | 38           | 24:05           |