



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Pollag, Maria

Total time: 1:28:08

Club: djc kaefertal-waldhof

Number: 86

Course: 25.75 km

Rank in course/Total: 271 (of 322)

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

Rank in course/Women: 44 (of 62)

Best time in course: 1:01:23

Category:

Rank in category: 6(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	13:00	2.31	6	2:47	50	6:26	0.50	13:00	2.31	6	2:01	62	3:24
Wechsel Schwim	0.20	2:43	4.42	3	0:24	36	1:16	0.70	15:43	2.67	6	2:20	62	4:00
Schwimmen Total	0.70	15:43	2.67	6	2:20	62	4:00	0.70	15:43	2.67	6	2:20	62	4:00
Rad	20.00	44:01	27.26	8	5:18	50	11:43	20.70	59:44	20.79	6	7:38	62	9:19
Wechsel Rad-Lauf	0.05	1:04	2.81	2	0:05	27	0:31	20.75	1:00:48	20.48	6	7:27	62	9:17
Rad Total	20.05	45:05	26.68	8	5:07	50	12:14	20.75	1:00:48	20.48	6	7:27	62	9:17
Lauf	5.00	27:20	10.98	6	4:50	39	7:39	25.75	1:28:08	17.53	6	12:17	45	26:45