



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Ruthe, Heidi

Total time: 1:28:21

Number: 66

Course: 25.75 km

Rank in course/Total: 275 (of 322)

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

Rank in course/Women: 47 (of 62)

Best time in course: 1:01:23

Category:

Rank in category: 7(of 7)

weibl. AK 4 (TW 35-39)

Best time in the category: 1:02:40

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	11:39	2.58	4	3:21	36	5:05	0.50	11:39	2.58	4	3:21	62	2:03
Wechsel Schwim	0.20	2:33	4.71	5	0:53	31	1:06	0.70	14:12	2.96	4	4:14	62	2:29
Schwimmen Total	0.70	14:12	2.96	4	4:14	62	2:29	0.70	14:12	2.96	4	4:14	62	2:29
Rad	20.00	42:16	28.39	7	9:55	43	9:58	20.70	56:28	22.00	4	14:09	62	6:03
Wechsel Rad-Lau	0.05	1:27	2.07	6	0:47	50	0:54	20.75	57:55	21.50	4	14:56	62	6:24
Rad Total	20.05	43:43	27.52	7	10:42	43	10:52	20.75	57:55	21.50	4	14:56	62	6:24
Lauf	5.00	30:26	9.86	6	10:45	52	10:45	25.75	1:28:21	17.49	7	25:41	48	26:58