



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Rüdiger, Kathrin

Total time: 1:29:27

Number: 61

Course: 25.75 km

Rank in course/Total: 280 (of 322)

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

Rank in course/Women: 48 (of 62)

Best time in course: 1:01:23

Category:

Rank in category: 11(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	12:25	2.42	11	2:49	44	5:51	0.50	12:25	2.42	9	1:00	62	2:49
Wechsel Schwim	0.20	2:58	4.04	8	1:05	40	1:31	0.70	15:23	2.73	9	1:36	62	3:40
Schwimmen Total	0.70	15:23	2.73	9	1:36	62	3:40	0.70	15:23	2.73	9	1:36	62	3:40
Rad	20.00	39:39	30.26	10	4:09	32	7:21	20.70	55:02	22.57	9	5:01	62	4:37
Wechsel Rad-Lau	0.05	1:18	2.31	10	0:42	43	0:45	20.75	56:20	22.10	9	5:19	62	4:49
Rad Total	20.05	40:57	29.38	11	4:32	34	8:06	20.75	56:20	22.10	9	5:19	62	4:49
Lauf	5.00	33:07	9.06	12	10:43	59	13:26	25.75	1:29:27	17.27	11	16:02	49	28:04