



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Rühl, Sabine

Total time: 1:43:42

Number: 54

Course: 25.50 km

Rank in course/Total: 295 (of 313)

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

Rank in course/Women: 76 (of 82)

Best time in course: 1:06:42

Category:

Rank in category: 13(of 13)

Seniorinnen 3 (TW 50)

Best time in the category: 1:16:20

Control	Intermediate times								Stage score				Total ranking			
	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 nett	0.50	12:40	0.00	7	1:03	52	5:55	0.50	12:40	0.00	14	0:45	83			
Wechsel S->R	-	3:38	-	10	1:41	63	2:08	0.50	16:18	0.00	14	1:38	83			
Schwimmen Total	0.50	16:18	0.00	14	1:38	83		0.50	16:18	0.00	14	1:38	83			
ZZ Rad	5.75	10:42	28.04	13	2:43	79	3:22	6.25	27:00	13.33	14	3:12	83			
ZZ Rad	4.25	16:01	14.98	13	5:16	81	5:58	10.50	43:01	13.95	14	6:57	83	2:10		
ZZ Rad	4.25	14:26	16.63	13	3:31	76	4:23	14.75	57:27	14.62	14	9:15	83	3:57		
Rad Ziel	5.75	11:31	26.05	13	2:45	76	3:33	20.50	1:08:58	17.40	14	11:19	83	5:15		
Rad Net	20.00	52:40	22.78	13	14:15	78	17:16	20.50	1:08:58	17.40	14	11:19	83	5:15		
Wechsel R->L	-	2:10	-	13	1:10	79	1:35	20.50	1:11:08	16.87	14	11:44	83	6:24		
Rad Total	20.00	54:50	21.88	13	15:23	79	18:45	20.50	1:11:08	16.87	14	11:44	83	6:24		
ZZ Lauf	2.50	15:25	7.78	13	4:46	70	6:32	23.00	1:26:33	15.94	14	14:22	83	9:01		
Lauf Ziel	2.50	17:09	7.00	13	6:06	76	7:54	25.50	1:43:42	14.46	13	27:22	76	37:00		
Lauf Total	5.00	32:34	9.21	13	10:52	75	14:26	25.50	1:43:42	14.46	13	27:22	76	37:00		