



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Keinert, Gabriele

Total time: 1:31:36

Club: DJK Käfertal-Waldhof

Number: 185

Course: 25.50 km

Rank in course/Total: 246 (of 313)

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

Rank in course/Women: 53 (of 82)

Best time in course: 1:06:42

Category:

Rank in category: 2(of 3)

Seniorinnen 4 (TW 55)

Best time in the category: 1:29:55

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 nett	0.50	15:07	1.98	3	3:58	74	8:22	0.50	15:07	1.98	2	3:58	1	-
Wechsel S->R	-	3:11	-	1	-	53	1:41	0.50	18:18	1.64	2	3:31	1	-
Schwimmen Total	0.50	18:18	1.64	2	3:31	1	-	0.50	18:18	1.64	2	3:31	1	-
ZZ Rad	5.75	9:42	35.57	3	0:48	66	2:22	6.25	28:00	13.39	2	4:19	1	-
ZZ Rad	4.25	12:51	19.84	2	0:37	49	2:48	10.50	40:51	15.42	2	4:56	1	-
ZZ Rad	4.25	12:39	20.16	2	0:24	45	2:36	14.75	53:30	16.54	2	5:20	1	-
Rad Ziel	5.75	10:13	33.77	1	-	47	2:15	20.50	1:03:43	19.30	2	5:19	1	-
Rad Net	20.00	45:25	26.42	2	1:48	54	10:01	20.50	1:03:43	19.30	2	5:19	1	-
Wechsel R->L	-	1:01	-	1	-	26	0:26	20.50	1:04:44	19.00	2	0:59	1	-
Rad Total	20.00	46:26	25.84	1	-	49	10:21	20.50	1:04:44	19.00	2	0:59	1	-
ZZ Lauf	2.50	12:48	11.72	2	0:03	36	3:55	23.00	1:17:32	17.80	2	1:02	1	-
Lauf Ziel	2.50	14:04	10.66	2	0:39	43	4:49	25.50	1:31:36	16.70	2	1:41	53	24:54
Lauf Total	5.00	26:52	11.17	2	0:42	37	8:44	25.50	1:31:36	16.70	2	1:41	53	24:54