



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Ziebart, Simone

Total time: 1:25:19

Club: VfL Münster

Number: 277

Course: 25.50 km

Rank in course/Total: 200 (of 313)

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

Rank in course/Women: 32 (of 82)

Best time in course: 1:06:42

Category:

Rank in category: 5(of 13)

Seniorinnen 3 (TW 50)

Best time in the category: 1:16:20

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	12:21	2.43	6	0:44	48	5:36	0.50	12:21	2.43	14	0:26	83	
Wechsel S->R	-	2:31	-	3	0:34	29	1:01	0.50	14:52	2.02	14	0:12	83	
Schwimmen Total	0.50	14:52	2.02	14	0:12	83		0.50	14:52	2.02	14	0:12	83	
ZZ Rad	5.75	8:55	38.69	5	0:56	39	1:35	6.25	23:47	15.77	14		83	
ZZ Rad	4.25	12:51	19.84	8	2:06	49	2:48	10.50	36:38	17.20	14	0:34	83	
ZZ Rad	4.25	12:47	19.95	8	1:52	50	2:44	14.75	49:25	17.91	14	1:13	83	
Rad Ziel	5.75	10:18	33.50	9	1:32	51	2:20	20.50	59:43	20.60	14	2:04	83	
Rad Net	20.00	44:51	26.76	7	6:26	48	9:27	20.50	59:43	20.60	14	2:04	83	
Wechsel R->L	-	1:30	-	9	0:30	60	0:55	20.50	1:01:13	20.09	14	1:49	83	
Rad Total	20.00	46:21	25.89	8	6:54	48	10:16	20.50	1:01:13	20.09	14	1:49	83	
ZZ Lauf	2.50	11:38	12.89	2	0:59	14	2:45	23.00	1:12:51	18.94	14	0:40	83	
Lauf Ziel	2.50	12:28	12.03	2	1:25	16	3:13	25.50	1:25:19	17.93	5	8:59	32	18:37
Lauf Total	5.00	24:06	12.45	2	2:24	17	5:58	25.50	1:25:19	17.93	5	8:59	32	18:37