



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Contzen, Rani

Club: Ski Club Heidelberg

Number: 81

Course: 25.50 km

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

Category:

Seniorinnen 1 (TW 40)

Total time: 1:21:00

Rank in course/Total: 154 (of 313)

Rank in course/Women: 20 (of 82)

Best time in course: 1:06:42

Rank in category: 3(of 14)

Best time in the category: 1:06:42

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	8:39	3.47	1	-	2	1:54	0.50	8:39	3.47	2			83
Wechsel S->R	-	2:24	-	4	0:48	27	0:54	0.50	11:03	2.71	2	0:47		83
Schwimmen Total	0.50	11:03	2.71	2	0:47	83		0.50	11:03	2.71	2	0:47		83
ZZ Rad	5.75	8:27	40.83	3	1:07	22	1:07	6.25	19:30	19.23	2	1:54		83
ZZ Rad	4.25	11:38	21.92	3	1:35	22	1:35	10.50	31:08	20.24	2	3:29		83
ZZ Rad	4.25	11:39	21.89	3	1:36	23	1:36	14.75	42:47	20.69	2	5:05		83
Rad Ziel	5.75	9:02	38.19	2	1:04	16	1:04	20.50	51:49	23.74	2	6:09		83
Rad Net	20.00	40:46	29.44	3	5:22	20	5:22	20.50	51:49	23.74	2	6:09		83
Wechsel R->L	-	0:59	-	5	0:18	20	0:24	20.50	52:48	23.30	2	6:27		83
Rad Total	20.00	41:45	28.74	3	5:40	18	5:40	20.50	52:48	23.30	2	6:27		83
ZZ Lauf	2.50	13:38	11.00	9	3:45	47	4:45	23.00	1:06:26	20.77	2	10:12		83
Lauf Ziel	2.50	14:34	10.30	9	4:06	54	5:19	25.50	1:21:00	18.89	3	14:18	20	14:18
Lauf Total	5.00	28:12	10.64	9	7:51	53	10:04	25.50	1:21:00	18.89	3	14:18	20	14:18