



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Emmenlauer, Simone

Total time: 1:21:48

Club: Tria Schwanheim

Number: 69

Course: 25.50 km

Rank in course/Total: 163 (of 313)

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

Rank in course/Women: 24 (of 82)

Best time in course: 1:06:42

Category:

Rank in category: 1(of 8)

weibliche AK 4 (TW 35)

Best time in the category: 1:21:48

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	9:11	3.27	1	-	6	2:26	0.50	9:11	3.27	1	-	83	
Wechsel S->R	-	2:05	-	1	-	12	0:35	0.50	11:16	2.66	1	-	83	
Schwimmen Total	0.50	11:16	2.66	1	-	83		0.50	11:16	2.66	1	-	83	
ZZ Rad	5.75	8:32	40.43	2	0:07	25	1:12	6.25	19:48	18.94	1	-	83	
ZZ Rad	4.25	11:40	21.86	2	0:15	23	1:37	10.50	31:28	20.02	1	-	83	
ZZ Rad	4.25	11:50	21.55	2	0:38	26	1:47	14.75	43:18	20.44	1	-	83	
Rad Ziel	5.75	9:11	37.57	1	-	19	1:13	20.50	52:29	23.44	1	-	83	
Rad Net	20.00	41:13	29.11	2	0:53	22	5:49	20.50	52:29	23.44	1	-	83	
Wechsel R->L	-	0:56	-	2	0:04	15	0:21	20.50	53:25	23.03	1	-	83	
Rad Total	20.00	42:09	28.47	2	0:39	22	6:04	20.50	53:25	23.03	1	-	83	
ZZ Lauf	2.50	13:51	10.83	2	0:11	54	4:58	23.00	1:07:16	20.52	1	-	83	
Lauf Ziel	2.50	14:32	10.32	2	0:26	53	5:17	25.50	1:21:48	18.70	1	-	24	15:06
Lauf Total	5.00	28:23	10.57	2	0:37	54	10:15	25.50	1:21:48	18.70	1	-	24	15:06