



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Graf, Sonja

Club: Veniche Beach Heidelberg

Number: 95

Course: 25.50 km

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

Category:

Seniorinnen 3 (TW 50)

Total time: 1:24:11

Rank in course/Total: 188 (of 313)

Rank in course/Women: 31 (of 82)

Best time in course: 1:06:42

Rank in category: 4(of 13)

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	12:16	2.45	4	0:39	45	5:31	0.50	12:16	2.45	14	0:21	83		
Wechsel S->R	-	2:48	-	8	0:51	40	1:18	0.50	15:04	1.99	14	0:24	83		
Schwimmen Total	0.50	15:04	1.99	14	0:24	83		0.50	15:04	1.99	14	0:24	83		
ZZ Rad	5.75	8:56	38.62	6	0:57	40	1:36	6.25	24:00	15.63	14	0:12	83		
ZZ Rad	4.25	11:45	21.70	4	1:00	26	1:42	10.50	35:45	17.62	14		83		
ZZ Rad	4.25	11:53	21.46	4	0:58	28	1:50	14.75	47:38	18.58	14		83		
Rad Ziel	5.75	9:20	36.96	4	0:34	26	1:22	20.50	56:58	21.59	14		83		
Rad Net	20.00	41:54	28.64	4	3:29	28	6:30	20.50	56:58	21.59	14		83		
Wechsel R->L	-	1:21	-	6	0:21	51	0:46	20.50	58:19	21.09	14		83		
Rad Total	20.00	43:15	27.75	4	3:48	28	7:10	20.50	58:19	21.09	14		83		
ZZ Lauf	2.50	12:41	11.83	6	2:02	32	3:48	23.00	1:11:00	19.44	14		83		
Lauf Ziel	2.50	13:11	11.38	6	2:08	30	3:56	25.50	1:24:11	18.17	4	7:51	31	17:29	
Lauf Total	5.00	25:52	11.60	6	4:10	32	7:44	25.50	1:24:11	18.17	4	7:51	31	17:29	