



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Kast, Melanie

Total time: 1:30:27

Number: 76

Course: 25.50 km

Rank in course/Total: 238 (of 313)

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

Rank in course/Women: 48 (of 82)

Best time in course: 1:06:42

Category:

Rank in category: 4(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	12:07	2.48	4	2:56	41	5:22	0.50	12:07	2.48	3	2:56	83	
Wechsel S->R	-	2:38	-	4	0:33	35	1:08	0.50	14:45	2.03	3	3:29	83	
Schwimmen Total	0.50	14:45	2.03	3	3:29	83		0.50	14:45	2.03	3	3:29	83	
ZZ Rad	5.75	8:33	40.35	3	0:08	26	1:13	6.25	23:18	16.09	3	3:30	83	
ZZ Rad	4.25	11:47	21.64	3	0:22	28	1:44	10.50	35:05	17.96	3	3:37	83	
ZZ Rad	4.25	12:03	21.16	3	0:51	30	2:00	14.75	47:08	18.78	3	3:50	83	
Rad Ziel	5.75	9:44	35.45	3	0:33	36	1:46	20.50	56:52	21.63	3	4:23	83	
Rad Net	20.00	42:07	28.49	3	1:47	29	6:43	20.50	56:52	21.63	3	4:23	83	
Wechsel R->L	-	1:25	-	6	0:33	56	0:50	20.50	58:17	21.10	3	4:52	83	
Rad Total	20.00	43:32	27.57	3	2:02	30	7:27	20.50	58:17	21.10	3	4:52	83	
ZZ Lauf	2.50	15:24	9.74	5	1:44	69	6:31	23.00	1:13:41	18.73	3	6:25	83	
Lauf Ziel	2.50	16:46	8.95	6	2:40	74	7:31	25.50	1:30:27	16.92	4	8:39	48	23:45
Lauf Total	5.00	32:10	9.33	6	4:24	73	14:02	25.50	1:30:27	16.92	4	8:39	48	23:45