



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Spanowsky, Alisa

Total time: 1:33:01

Number: 51

Course: 25.50 km

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

Rank in course/Total: 252 (of 313)

Rank in course/Women: 57 (of 82)

Best time in course: 1:06:42

Category:

weibliche AK 3 (TW 30)

Rank in category: 12(of 13)

Best time in the category: 1:10:40

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	11:01	2.72	4	1:00	18	4:16	0.50	11:01	2.72	8	0:28	83	
Wechsel S->R	-	2:22	-	7	0:39	23	0:52	0.50	13:23	2.24	3	0:57	83	
Schwimmen Total	0.50	13:23	2.24	3	0:57	83		0.50	13:23	2.24	3	0:57	83	
ZZ Rad	5.75	9:41	35.63	13	1:59	65	2:21	6.25	23:04	16.26	8	2:53	83	
ZZ Rad	4.25	13:01	19.59	11	2:19	56	2:58	10.50	36:05	17.46	8	5:12	83	
ZZ Rad	4.25	13:05	19.49	11	2:28	56	3:02	14.75	49:10	18.00	8	7:40	83	
Rad Ziel	5.75	10:23	33.23	12	2:01	54	2:25	20.50	59:33	20.65	8	9:35	83	
Rad Net	20.00	46:10	25.99	12	8:38	58	10:46	20.50	59:33	20.65	8	9:35	83	
Wechsel R->L	-	1:39	-	12	1:04	69	1:04	20.50	1:01:12	20.10	8	9:46	83	
Rad Total	20.00	47:49	25.10	12	9:04	59	11:44	20.50	1:01:12	20.10	8	9:46	83	
ZZ Lauf	2.50	15:23	9.75	11	6:30	67	6:30	23.00	1:16:35	18.02	8	14:14	83	
Lauf Ziel	2.50	16:26	9.13	13	7:11	71	7:11	25.50	1:33:01	16.45	12	22:21	57	26:19
Lauf Total	5.00	31:49	9.43	12	13:41	68	13:41	25.50	1:33:01	16.45	12	22:21	57	26:19