



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Ruthe, Heidi

Total time: 1:37:09

Number: 50

Course: 25.50 km

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

Rank in course/Total: 278 (of 313)

Rank in course/Women: 69 (of 82)

Best time in course: 1:06:42

Category:

Seniorinnen 1 (TW 40)

Rank in category: 10(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	12:25	2.42	6	3:46	49	5:40	0.50	12:25	2.42	6	3:45	83	
Wechsel S->R	-	3:08	-	8	1:32	50	1:38	0.50	15:33	1.93	6	5:17	83	
Schwimmen Total	0.50	15:33	1.93	6	5:17	83		0.50	15:33	1.93	6	5:17	83	
ZZ Rad	5.75	10:09	33.99	11	2:49	74	2:49	6.25	25:42	14.59	6	8:06	83	
ZZ Rad	4.25	13:07	19.44	8	3:04	57	3:04	10.50	38:49	16.23	6	11:10	83	
ZZ Rad	4.25	13:27	18.96	9	3:24	65	3:24	14.75	52:16	16.93	6	14:34	83	
Rad Ziel	5.75	10:55	31.60	10	2:57	68	2:57	20.50	1:03:11	19.47	6	17:31	83	
Rad Net	20.00	47:38	25.19	10	12:14	67	12:14	20.50	1:03:11	19.47	6	17:31	83	
Wechsel R->L	-	2:06	-	13	1:25	76	1:31	20.50	1:05:17	18.84	6	18:56	83	0:33
Rad Total	20.00	49:44	24.13	10	13:39	70	13:39	20.50	1:05:17	18.84	6	18:56	83	0:33
ZZ Lauf	2.50	15:29	9.69	12	5:36	72	6:36	23.00	1:20:46	17.09	6	24:32	83	3:14
Lauf Ziel	2.50	16:23	9.16	12	5:55	68	7:08	25.50	1:37:09	15.75	10	30:27	69	30:27
Lauf Total	5.00	31:52	9.41	12	11:31	70	13:44	25.50	1:37:09	15.75	10	30:27	69	30:27