



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Rüdiger, Kathrin

Total time: 1:34:56

Club: DLRG Lorsch e.V.

Number: 63

Course: 25.50 km

Rank in course/Total: 316 (of 340)

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

Rank in course/Women: 76 (of 89)

Best time in course: 1:03:53

Category:

Rank in category: 17(of 20)

Seniorinnen 2 TW 45)

Best time in the category: 1:10:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Stage score				Total ranking							
				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	11:26	2.62	10	2:34	31	4:40	0.50	11:26	2.62	10	2:34	31	4:40	
Wechsel S -> R	-	3:03	-	12	1:02	57	1:33	0.50	14:29	2.07	9	3:17	35	6:13	
Schwimmen Total	0.50	14:29	2.07	9	3:17	35	6:13	0.50	14:29	2.07	9	3:17	35	6:13	
Rad netto	20.00	42:23	28.31	15	6:37	56	14:04	20.50	56:52	21.63	21	9:28	46	12:49	
Wechsel R -> L	-	1:27	-	16	0:44	74	0:57	20.50	58:19	21.09	21	10:07	47	13:46	
Rad Total	20.00	43:50	27.38	15	7:16	59	14:11	20.50	58:19	21.09	21	10:07	47	13:46	
Lauf	5.00	36:37	8.19	18	17:17	86	17:17	25.50	1:34:56	16.12	18	24:56	78	31:03	