



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Keinert, Gabriele

Total time: 1:33:47

Club: DJK Käfertal-Waldhof

Number: 116

Course: 25.50 km

Rank in course/Total: 311 (of 340)

Lorsche Triathlon 0,5-20,0-5,0

Rank in course/Women: 73 (of 89)

Best time in course: 1:03:53

Category:

Rank in category: 2(of 3)

Seniorinnen 5 (TW 60)

Best time in the category: 1:20:01

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	16:37	1.81	3	6:08	89	9:51	0.50	16:37	1.81	4	6:08	90	9:51
Wechsel S -> R	-	3:05	-	1	-	58	1:35	0.50	19:42	1.52	4	5:55	90	11:26
Schwimmen Total	0.50	19:42	1.52	4	5:55	90	11:26	0.50	19:42	1.52	4	5:55	90	11:26
Rad netto	20.00	44:24	27.03	2	5:15	70	16:05	20.50	1:04:06	19.19	4	11:10	90	20:03
Wechsel R -> L	-	1:05	-	1	-	52	0:35	20.50	1:05:11	18.87	4	10:57	90	20:38
Rad Total	20.00	45:29	26.38	2	5:02	69	15:50	20.50	1:05:11	18.87	4	10:57	90	20:38
Lauf	5.00	28:36	10.49	2	2:49	66	9:16	25.50	1:33:47	16.31	2	13:46	75	29:54