



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Seitz, Judith

Total time: 1:20:59

Number: 195

Course: 25.50 km

Rank in course/Total: 201 (of 340)

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

Rank in course/Women: 28 (of 89)

Best time in course: 1:03:53

Category:

Rank in category: 3(of 10)

weibliche AK 4 (TW 35)

Best time in the category: 1:14:50

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	12:34	2.39	7	1:14	54	5:48	0.50	12:34	2.39	11	1:14	90	5:48
Wechsel S -> R	-	3:09	-	6	1:29	61	1:39	0.50	15:43	1.91	11	2:43	90	7:27
Schwimmen Total	0.50	15:43	1.91	11	2:43	90	7:27	0.50	15:43	1.91	11	2:43	90	7:27
Rad netto	20.00	37:57	31.62	2	1:12	15	9:38	20.50	53:40	22.92	11	3:55	90	9:37
Wechsel R -> L	-	0:43	-	2	0:04	9	0:13	20.50	54:23	22.62	11	3:43	90	9:50
Rad Total	20.00	38:40	31.03	2	1:00	14	9:01	20.50	54:23	22.62	11	3:43	90	9:50
Lauf	5.00	26:36	11.28	4	2:38	36	7:16	25.50	1:20:59	18.89	3	6:09	30	17:06