



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Odenwald, Ilka

Total time: 1:27:21

Club: Let's Tri-IT (Tria-Gruppe Andreas Nickel)

Number: 233

Course: 25.50 km

Rank in course/Total: 268 (of 340)

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

Rank in course/Women: 54 (of 89)

Best time in course: 1:03:53

Category:

Rank in category: 7(of 19)

Seniorinnen 1 (TW 40)

Best time in the category: 1:08:23

| 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 | 11:15 | 2.67 | 4 | 2:37 | 25 | 4:29 | 0.50 | 11:15 | 2.67 | 20 | 2:37 | 90 | 4:29 |
| Wechsel S -> R | - | 2:50 | - | 7 | 0:43 | 47 | 1:20 | 0.50 | 14:05 | 2.13 | 20 | 3:20 | 90 | 5:49 |
| Schwimmen Total | 0.50 | 14:05 | 2.13 | 20 | 3:20 | 90 | 5:49 | 0.50 | 14:05 | 2.13 | 20 | 3:20 | 90 | 5:49 |
| Rad netto | 20.00 | 41:48 | 28.71 | 7 | 7:00 | 49 | 13:29 | 20.50 | 55:53 | 22.01 | 20 | 10:20 | 90 | 11:50 |
| Wechsel R -> L | - | 0:56 | - | 5 | 0:12 | 29 | 0:26 | 20.50 | 56:49 | 21.65 | 20 | 10:20 | 90 | 12:16 |
| Rad Total | 20.00 | 42:44 | 28.08 | 7 | 7:00 | 47 | 13:05 | 20.50 | 56:49 | 21.65 | 20 | 10:20 | 90 | 12:16 |
| Lauf | 5.00 | 30:32 | 9.83 | 12 | 8:38 | 74 | 11:12 | 25.50 | 1:27:21 | 17.52 | 7 | 18:58 | 56 | 23:28 |