



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Traine, Isabella

Total time: 1:26:19

Number: 300

Course: 25.50 km

Rank in course/Total: 258 (of 340)

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

Rank in course/Women: 47 (of 89)

Best time in course: 1:03:53

Category:

Rank in category: 6(of 11)

weibliche AK 2 (TW 25)

Best time in the category: 1:15:03

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	11:21	2.64	6	2:27	29	4:35	0.50	11:21	2.64	12	2:27	90	4:35
Wechsel S -> R	-	2:32	-	5	0:35	31	1:02	0.50	13:53	2.16	12	2:45	90	5:37
Schwimmen Total	0.50	13:53	2.16	12	2:45	90	5:37	0.50	13:53	2.16	12	2:45	90	5:37
Rad netto	20.00	44:25	27.02	8	5:43	71	16:06	20.50	58:18	21.10	12	8:28	90	14:15
Wechsel R -> L	-	1:02	-	7	0:25	42	0:32	20.50	59:20	20.73	12	8:35	90	14:47
Rad Total	20.00	45:27	26.40	8	5:58	68	15:48	20.50	59:20	20.73	12	8:35	90	14:47
Lauf	5.00	26:59	11.12	7	4:11	45	7:39	25.50	1:26:19	17.73	6	11:16	49	22:26