



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Giersberg, Daniela

Total time: 1:15:16

Number: 400

Course: 25.50 km

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

Rank in course/Total: 122 (of 340)

Rank in course/Women: 11 (of 89)

Best time in course: 1:03:53

Category:

weibliche AK 3 (TW 30)

Rank in category: 3(of 9)

Best time in the category: 1:12:01

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	11:49	2.54	8	1:25	40	5:03	0.50	11:49	2.54	8	1:25	90	5:03
Wechsel S -> R	-	2:27	-	6	0:45	25	0:57	0.50	14:16	2.10	10	1:57	90	6:00
Schwimmen Total	0.50	14:16	2.10	10	1:57	90	6:00	0.50	14:16	2.10	10	1:57	90	6:00
Rad netto	20.00	35:50	33.49	1	-	6	7:31	20.50	50:06	24.55	10	1:16	90	6:03
Wechsel R -> L	-	0:55	-	2	0:11	24	0:25	20.50	51:01	24.11	10	1:27	90	6:28
Rad Total	20.00	36:45	32.65	1	-	6	7:06	20.50	51:01	24.11	10	1:27	90	6:28
Lauf	5.00	24:15	12.37	3	2:48	17	4:55	25.50	1:15:16	20.33	3	3:15	13	11:23