



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Grieser, Sandra

Total time: 1:30:21

Number: 393

Course: 25.50 km

Rank in course/Total: 292 (of 340)

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

Rank in course/Women: 64 (of 89)

Best time in course: 1:03:53

Category:

Rank in category: 9(of 10)

weibliche AK 4 (TW 35)

Best time in the category: 1:14:50

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	14:17	2.10	10	2:57	77	7:31	0.50	14:17	2.10	11	2:57	90	7:31
Wechsel S -> R	-	3:50	-	9	2:10	81	2:20	0.50	18:07	1.66	11	5:07	90	9:51
Schwimmen Total	0.50	18:07	1.66	11	5:07	90	9:51	0.50	18:07	1.66	11	5:07	90	9:51
Rad netto	20.00	41:48	28.71	6	5:03	49	13:29	20.50	59:55	20.53	11	10:10	90	15:52
Wechsel R -> L	-	2:04	-	10	1:25	87	1:34	20.50	1:01:59	19.84	11	11:19	90	17:26
Rad Total	20.00	43:52	27.36	6	6:12	60	14:13	20.50	1:01:59	19.84	11	11:19	90	17:26
Lauf	5.00	28:22	10.58	9	4:24	63	9:02	25.50	1:30:21	16.93	9	15:31	66	26:28