



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Rankel, Sabine

Total time: 1:10:00

Club: Lc Bad Dürkheim

Number: 73

Course: 25.50 km

Rank in course/Total: 47 (of 340)

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

Rank in course/Women: 3 (of 89)

Best time in course: 1:03:53

Category:

Rank in category: 1(of 20)

Seniorinnen 2 TW 45)

Best time in the category: 1:10:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women		
Schwimmen nett	0.50	8:52	0.00	1	-	3	2:06	0.50	8:52	0.00	1	-	3	2:06
Wechsel S -> R	-	2:20	-	5	0:19	19	0:50	0.50	11:12	0.00	1	-	4	2:56
Schwimmen Total	0.50	11:12	0.00	1	-	4	2:56	0.50	11:12	0.00	1	-	4	2:56
Rad netto	20.00	37:20	32.14	2	1:34	11	9:01	20.50	48:32	24.73	21	1:08	5	4:29
Wechsel R -> L	-	1:04	-	9	0:21	49	0:34	20.50	49:36	24.19	21	1:24	7	5:03
Rad Total	20.00	38:24	31.25	3	1:50	12	8:45	20.50	49:36	24.19	21	1:24	7	5:03
Lauf	5.00	20:24	14.71	2	1:04	3	1:04	25.50	1:10:00	21.43	1	-	3	6:07