



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Riffel, Lissy

Total time: 1:17:07

Number: 65

Course: 25.50 km

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

Rank in course/Total: 148 (of 340)

Rank in course/Women: 15 (of 89)

Best time in course: 1:03:53

Category:

weibliche AK 3 (TW 30)

Rank in category: 5(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	10:34	2.84	2	0:10	11	3:48	0.50	10:34	2.84	10	0:10	11	3:48
Wechsel S -> R	-	2:07	-	2	0:25	8	0:37	0.50	12:41	2.37	10	0:22	10	4:25
Schwimmen Total	0.50	12:41	2.37	10	0:22	10	4:25	0.50	12:41	2.37	10	0:22	10	4:25
Rad netto	20.00	38:37	31.07	6	2:47	19	10:18	20.50	51:18	23.98	10	2:28	15	7:15
Wechsel R -> L	-	1:31	-	8	0:47	77	1:01	20.50	52:49	23.29	10	3:15	16	8:16
Rad Total	20.00	40:08	29.90	6	3:23	24	10:29	20.50	52:49	23.29	10	3:15	16	8:16
Lauf	5.00	24:18	12.35	4	2:51	19	4:58	25.50	1:17:07	19.84	5	5:06	17	13:14