



# 12. Lorsch Triathlon

Lorsch / 02.08.2015

## Detailed evaluation

**Arndt-Fabian, Dr. Ina**

**Total time: 1:20:38**

Club: SSG Bensheim

Number: 53

Course: 25.50 km

Rank in course/Total: 199 (of 340)

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

Rank in course/Women: 27 (of 89)

Best time in course: 1:03:53

Category:

Rank in category: 7(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 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	10:57	0.00	6	2:05	18	4:11	0.50	10:57	0.00	6	2:05	18	4:11
Wechsel S -> R	-	2:14	-	4	0:13	13	0:44	0.50	13:11	0.00	5	1:59	16	4:55
Schwimmen Total	0.50	13:11	0.00	5	1:59	16	4:55	0.50	13:11	0.00	5	1:59	16	4:55
Rad netto	20.00	39:19	30.52	7	3:33	27	11:00	20.50	52:30	22.86	21	5:06	20	8:27
Wechsel R -> L	-	1:13	-	11	0:30	58	0:43	20.50	53:43	22.34	21	5:31	21	9:10
Rad Total	20.00	40:32	29.61	7	3:58	27	10:53	20.50	53:43	22.34	21	5:31	21	9:10
Lauf	5.00	26:55	11.15	12	7:35	43	7:35	25.50	1:20:38	18.60	8	10:38	29	16:45