



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Ochsenreiter, Miriam

Total time: 1:29:28

Number: 64

Course: 25.50 km

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

Rank in course/Total: 288 (of 340)

Rank in course/Women: 63 (of 89)

Best time in course: 1:03:53

Category:

weibliche AK 4 (TW 35)

Rank in category: 8(of 10)

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	11:26	2.62	2	0:06	31	4:40	0.50	11:26	2.62	2	0:06	31	4:40
Wechsel S -> R	-	3:22	-	7	1:42	66	1:52	0.50	14:48	2.03	2	1:48	41	6:32
Schwimmen Total	0.50	14:48	2.03	2	1:48	41	6:32	0.50	14:48	2.03	2	1:48	41	6:32
Rad netto	20.00	45:37	26.31	10	8:52	79	17:18	20.50	1:00:25	20.36	8	10:40	70	16:22
Wechsel R -> L	-	0:46	-	3	0:07	15	0:16	20.50	1:01:11	20.10	7	10:31	67	16:38
Rad Total	20.00	46:23	25.87	9	8:43	75	16:44	20.50	1:01:11	20.10	7	10:31	67	16:38
Lauf	5.00	28:17	10.61	8	4:19	60	8:57	25.50	1:29:28	17.10	8	14:38	65	25:35