



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Ruthe, Heidi

Total time: 1:33:42

Number: 51

Course: 25.50 km

Rank in course/Total: 310 (of 340)

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

Rank in course/Women: 72 (of 89)

Best time in course: 1:03:53

Category:

Rank in category: 13(of 19)

Seniorinnen 1 (TW 40)

Best time in the category: 1:08:23

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	12:07	2.48	7	3:29	46	5:21	0.50	12:07	2.48	7	3:29	46	5:21
Wechsel S -> R	-	2:55	-	10	0:48	53	1:25	0.50	15:02	2.00	7	4:17	44	6:46
Schwimmen Total	0.50	15:02	2.00	7	4:17	44	6:46	0.50	15:02	2.00	7	4:17	44	6:46
Rad netto	20.00	44:32	26.95	13	9:44	73	16:13	20.50	59:34	20.65	12	14:01	65	15:31
Wechsel R -> L	-	1:33	-	18	0:49	79	1:03	20.50	1:01:07	20.13	13	14:38	65	16:34
Rad Total	20.00	46:05	26.04	13	10:21	73	16:26	20.50	1:01:07	20.13	13	14:38	65	16:34
Lauf	5.00	32:35	9.21	15	10:41	80	13:15	25.50	1:33:42	16.33	13	25:19	74	29:49