



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Albat, Sabrina

Total time: 1:19:18

Club: RV 03 Bürstadt

Number: 124

Course: 25.50 km

Rank in course/Total: 177 (of 336)

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

Rank in course/Women: 25 (of 96)

Best time in course: 1:04:25

Category:

Rank in category: 3(of 10)

weibliche AK 4 (TW 35)

Best time in the category: 1:10:01

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.50	10:52	21:44	3	0:33	25	2:33	0.50	10:52	21:44	11	0:33	97	2:33
Wechsel S -> R	-	1:40	-	2	0:08	3	1:00	0.50	12:32	25:03	11	0:31	97	2:26
Schwimmen Total	0.50	12:32	25:03	11	0:31	97	2:26	0.50	12:32	25:03	11	0:31	97	2:26
Rad netto	20.00	40:47	2:02	5	4:25	47	7:54	20.50	53:19	2:36	11	4:56	97	10:01
Wechsel R -> L	-	1:01	-	5	0:23	41	0:32	20.50	54:20	2:39	11	5:10	97	10:27
Rad Total	20.00	41:48	2:05	5	4:39	44	8:20	20.50	54:20	2:39	11	5:10	97	10:27
Lauf	5.00	24:58	4:59	3	4:07	22	10:35	25.50	1:19:18	3:06	3	9:17	25	14:53