



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Friedrich-Nissler, Dr. Barbara

Total time: 1:40:13

Club: TC Blau-Weiß Bensheim

Number: 261

Course: 25.50 km

Rank in course/Total: 320 (of 336)

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

Rank in course/Women: 87 (of 96)

Best time in course: 1:04:25

Category:

Rank in category: 11(of 11)

Seniorinnen 2 TW 45)

Best time in the category: 1:12:26

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	13:57	27:53	11	5:03	80	5:38	0.50	13:57	27:53	12	5:03	97	5:38
Wechsel S -> R	-	4:31	-	11	2:26	94	3:51	0.50	18:28	36:55	12	7:29	97	8:22
Schwimmen Total	0.50	18:28	36:55	12	7:29	97	8:22	0.50	18:28	36:55	12	7:29	97	8:22
Rad netto	20.00	47:21	2:22	10	10:29	84	14:28	20.50	1:05:49	3:12	12	17:58	97	22:31
Wechsel R -> L	-	1:57	-	11	1:07	92	1:28	20.50	1:07:46	3:18	12	18:29	97	23:53
Rad Total	20.00	49:18	2:27	11	11:00	86	15:50	20.50	1:07:46	3:18	12	18:29	97	23:53
Lauf	5.00	32:27	6:29	9	11:03	81	18:04	25.50	1:40:13	3:55	11	27:47	87	35:48