



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

von Falkenhausen, Sabine

Total time: 1:53:13

Number: 286

Course: 25.50 km

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

Rank in course/Total: 334 (of 336)

Rank in course/Women: 95 (of 96)

Best time in course: 1:04:25

Category:

Seniorinnen 4 (TW 55)

Rank in category: 5(of 5)

Best time in the category: 1:23:37

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	14:49	29:37	5	4:33	89	6:30	0.50	14:49	29:37	6	4:33	97	6:30
Wechsel S -> R	-	4:58	-	5	4:18	96	4:18	0.50	19:47	39:34	6	7:41	97	9:41
Schwimmen Total	0.50	19:47	39:34	6	7:41	97	9:41	0.50	19:47	39:34	6	7:41	97	9:41
Rad netto	20.00	53:03	2:39	5	13:37	92	20:10	20.50	1:12:50	3:33	6	18:07	97	29:32
Wechsel R -> L	-	2:24	-	5	1:39	94	1:55	20.50	1:15:14	3:40	6	19:17	97	31:21
Rad Total	20.00	55:27	2:46	5	14:11	92	21:59	20.50	1:15:14	3:40	6	19:17	97	31:21
Lauf	5.00	37:59	7:35	5	11:45	92	23:36	25.50	1:53:13	4:26	5	29:36	95	48:48