



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Noll, Ingrid

Total time: 1:33:17

Number: 310

Course: 25.50 km

Rank in course/Total: 303 (of 336)

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

Rank in course/Women: 78 (of 96)

Best time in course: 1:04:25

Category:

Rank in category: 3(of 5)

Seniorinnen 4 (TW 55)

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	12:57	25:53	3	2:41	70	4:38	0.50	12:57	25:53	6	2:41	97	4:38
Wechsel S -> R	-	3:24	-	3	2:44	76	2:44	0.50	16:21	32:42	6	4:15	97	6:15
Schwimmen Total	0.50	16:21	32:42	6	4:15	97	6:15	0.50	16:21	32:42	6	4:15	97	6:15
Rad netto	20.00	39:26	1:58	1	-	31	6:33	20.50	55:47	2:43	6	1:04	97	12:29
Wechsel R -> L	-	1:50	-	4	1:05	89	1:21	20.50	57:37	2:48	6	1:40	97	13:44
Rad Total	20.00	41:16	2:03	1	-	38	7:48	20.50	57:37	2:48	6	1:40	97	13:44
Lauf	5.00	35:40	7:07	4	9:26	90	21:17	25.50	1:33:17	3:39	3	9:40	78	28:52