



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Hahn, Natascha

Total time: 1:23:12

Number: 372

Course: 25.50 km

Rank in course/Total: 221 (of 336)

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

Rank in course/Women: 45 (of 96)

Best time in course: 1:04:25

Category:

Rank in category: 8(of 14)

weibliche AK 3 (TW 30)

Best time in the category: 1:09:38

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	13:28	26:56	11	5:09	76	5:09	0.50	13:28	26:56	15	5:09	97	5:09	
Wechsel S -> R	-	3:54	-	13	2:07	87	3:14	0.50	17:22	34:44	15	7:16	97	7:16	
Schwimmen Total	0.50	17:22	34:44	15	7:16	97	7:16	0.50	17:22	34:44	15	7:16	97	7:16	
Rad netto	20.00	50:18	2:30	13	16:14	89	17:25	20.50	1:07:40	3:18	15	20:57	97	24:22	
Wechsel R -> L	-	1:09	-	10	0:32	55	0:40	20.50	1:08:49	3:21	15	21:17	97	24:56	
Rad Total	20.00	51:27	2:34	13	16:34	89	17:59	20.50	1:08:49	3:21	15	21:17	97	24:56	
Lauf	5.00	14:23	2:52	1	-	1	-	25.50	1:23:12	3:15	8	13:34	45	18:47	