



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

## Detailed evaluation

Langer, Heike

Total time: 1:31:45

Number: 364

Course: 25.50 km

Rank in course/Total: 298 (of 336)

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

Rank in course/Women: 76 (of 96)

Best time in course: 1:04:25

Category:

Rank in category: 14(of 19)

Seniorinnen 1 (TW 40)

Best time in the category: 1:04:25

### 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	13:00	26:00	14	4:20	71	4:41	0.50	13:00	26:00	20	4:20	97	4:41
Wechsel S -> R	-	3:11	-	13	1:31	68	2:31	0.50	16:11	32:22	20	5:46	97	6:05
Schwimmen Total	0.50	16:11	32:22	20	5:46	97	6:05	0.50	16:11	32:22	20	5:46	97	6:05
Rad netto	20.00	40:58	2:02	11	8:05	50	8:05	20.50	57:09	2:47	20	13:51	97	13:51
Wechsel R -> L	-	0:56	-	6	0:21	32	0:27	20.50	58:05	2:50	20	14:12	97	14:12
Rad Total	20.00	41:54	2:05	10	8:26	47	8:26	20.50	58:05	2:50	20	14:12	97	14:12
Lauf	5.00	33:40	6:43	16	13:08	86	19:17	25.50	1:31:45	3:35	14	27:20	76	27:20