



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Brunnengräber, Carmen

Club: LCO Lorsch

Number: 67

Course: 25.50 km

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

Category:

weibliche AK 2 (TW 25)

Total time: 1:16:57

Rank in course/Total: 131 (of 336)

Rank in course/Women: 18 (of 96)

Best time in course: 1:04:25

Rank in category: 6(of 15)

Best time in the category: 1:10:02

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	11:02	22:03	5	1:40	30	2:43	0.50	11:02	22:03	5	1:40	30	2:43
Wechsel S -> R	-	1:48	-	1	-	8	1:08	0.50	12:50	25:40	3	1:02	21	2:44
Schwimmen Total	0.50	12:50	25:40	3	1:02	21	2:44	0.50	12:50	25:40	3	1:02	21	2:44
Rad netto	20.00	39:36	1:58	8	3:39	36	6:43	20.50	52:26	2:33	5	4:20	25	9:08
Wechsel R -> L	-	0:50	-	6	0:21	22	0:21	20.50	53:16	2:35	5	4:41	23	9:23
Rad Total	20.00	40:26	2:01	6	3:55	32	6:58	20.50	53:16	2:35	5	4:41	23	9:23
Lauf	5.00	23:41	4:44	5	4:56	16	9:18	25.50	1:16:57	3:01	6	6:55	18	12:32