



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Kampa, Heike

Club: AC Weinheim

Number: 78

Course: 25.50 km

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

Category:

Seniorinnen 2 TW 45)

Total time: 1:18:06

Rank in course/Total: 158 (of 336)

Rank in course/Women: 21 (of 96)

Best time in course: 1:04:25

Rank in category: 4(of 11)

Best time in the category: 1:12:26

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	11:26	22:52	5	2:32	40	3:07	0.50	11:26	22:52	12	2:32	40	3:07
Wechsel S -> R	-	2:10	-	2	0:05	14	1:30	0.50	13:36	27:11	12	2:37	29	3:30
Schwimmen Total	0.50	13:36	27:11	12	2:37	29	3:30	0.50	13:36	27:11	12	2:37	29	3:30
Rad netto	20.00	38:49	1:56	4	1:57	26	5:56	20.50	52:25	2:33	12	4:34	24	9:07
Wechsel R -> L	-	1:19	-	7	0:29	70	0:50	20.50	53:44	2:37	12	4:27	26	9:51
Rad Total	20.00	40:08	2:00	5	1:50	27	6:40	20.50	53:44	2:37	12	4:27	26	9:51
Lauf	5.00	24:22	4:52	3	2:58	18	9:59	25.50	1:18:06	3:03	4	5:40	21	13:41