



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Herbert, Anette

Total time: 1:20:17

Club: RV 03 Bürstadt

Number: 60

Course: 25.50 km

Rank in course/Total: 187 (of 336)

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

Rank in course/Women: 28 (of 96)

Best time in course: 1:04:25

Category:

Rank in category: 5(of 11)

Seniorinnen 2 TW 45)

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	10:49	21:37	4	1:55	24	2:30	0.50	10:49	21:37	12	1:55	24	2:30
Wechsel S -> R	-	2:21	-	4	0:16	19	1:41	0.50	13:10	26:19	12	2:11	24	3:04
Schwimmen Total	0.50	13:10	26:19	12	2:11	24	3:04	0.50	13:10	26:19	12	2:11	24	3:04
Rad netto	20.00	39:18	1:57	6	2:26	30	6:25	20.50	52:28	2:33	12	4:37	26	9:10
Wechsel R -> L	-	0:58	-	2	0:08	36	0:29	20.50	53:26	2:36	12	4:09	24	9:33
Rad Total	20.00	40:16	2:00	6	1:58	29	6:48	20.50	53:26	2:36	12	4:09	24	9:33
Lauf	5.00	26:51	5:22	7	5:27	41	12:28	25.50	1:20:17	3:08	5	7:51	28	15:52