



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Odenwald, Ilka

Total time: 1:24:55

Number: 55

Course: 25.50 km

Rank in course/Total: 237 (of 336)

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

Rank in course/Women: 53 (of 96)

Best time in course: 1:04:25

Category:

Rank in category: 9(of 19)

Seniorinnen 1 (TW 40)

Best time in the category: 1:04:25

Intermediate times				Stage score				Total ranking						
Control	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	11:00	22:00	6	2:20	28	2:41	0.50	11:00	22:00	6	2:20	28	2:41
Wechsel S -> R	-	2:42	-	9	1:02	43	2:02	0.50	13:42	27:23	5	3:17	30	3:36
Schwimmen Total	0.50	13:42	27:23	5	3:17	30	3:36	0.50	13:42	27:23	5	3:17	30	3:36
Rad netto	20.00	41:58	2:05	12	9:05	60	9:05	20.50	55:40	2:42	9	12:22	47	12:22
Wechsel R -> L	-	1:08	-	9	0:33	54	0:39	20.50	56:48	2:46	9	12:55	47	12:55
Rad Total	20.00	43:06	2:09	12	9:38	61	9:38	20.50	56:48	2:46	9	12:55	47	12:55
Lauf	5.00	28:07	5:37	11	7:35	59	13:44	25.50	1:24:55	3:19	9	20:30	53	20:30