



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Spanowsky, Alisa

Total time: 1:28:26

Number: 61

Course: 25.50 km

Rank in course/Total: 271 (of 336)

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

Rank in course/Women: 67 (of 96)

Best time in course: 1:04:25

Category:

Rank in category: 11(of 14)

weibliche AK 3 (TW 30)

Best time in the category: 1:09:38

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	11:06	22:11	7	2:47	33	2:47	0.50	11:06	22:11	7	2:47	33	2:47
Wechsel S -> R	-	3:00	-	9	1:13	58	2:20	0.50	14:06	28:11	7	4:00	38	4:00
Schwimmen Total	0.50	14:06	28:11	7	4:00	38	4:00	0.50	14:06	28:11	7	4:00	38	4:00
Rad netto	20.00	42:48	2:08	10	8:44	66	9:55	20.50	56:54	2:46	9	10:11	58	13:36
Wechsel R -> L	-	1:29	-	13	0:52	76	1:00	20.50	58:23	2:50	9	10:51	60	14:30
Rad Total	20.00	44:17	2:12	10	9:24	68	10:49	20.50	58:23	2:50	9	10:51	60	14:30
Lauf	5.00	30:03	6:00	12	15:40	74	15:40	25.50	1:28:26	3:28	11	18:48	67	24:01