



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Fronia, Stephanie

Total time: 1:29:10

Club: TG Plattfuß

Number: 57

Course: 25.50 km

Rank in course/Total: 277 (of 336)

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

Rank in course/Women: 69 (of 96)

Best time in course: 1:04:25

Category:

Rank in category: 8(of 11)

Seniorinnen 2 TW 45)

Best time in the category: 1:12:26

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	11:48	23:36	8	2:54	53	3:29	0.50	11:48	23:36	12	2:54	53	3:29
Wechsel S -> R	-	3:07	-	8	1:02	65	2:27	0.50	14:55	29:49	12	3:56	55	4:49
Schwimmen Total	0.50	14:55	29:49	12	3:56	55	4:49	0.50	14:55	29:49	12	3:56	55	4:49
Rad netto	20.00	42:57	2:08	9	6:05	67	10:04	20.50	57:52	2:49	12	10:01	68	14:34
Wechsel R -> L	-	1:37	-	9	0:47	85	1:08	20.50	59:29	2:54	12	10:12	70	15:36
Rad Total	20.00	44:34	2:13	9	6:16	72	11:06	20.50	59:29	2:54	12	10:12	70	15:36
Lauf	5.00	29:41	5:56	8	8:17	71	15:18	25.50	1:29:10	3:29	8	16:44	69	24:45