



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Herschel, Rebecca

Total time: 1:14:27

Club: SSG Bensheim Triathlon

Number: 116

Course: 25.50 km

Rank in course/Total: 108 (of 353)

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

Rank in course/Women: 8 (of 84)

Best time in course: 1:08:36

Category:

Rank in category: 2(of 9)

weibliche AK 2 (TW 25)

Best time in the category: 1:09:10

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	9:24	18:48	2	0:09	6	0:12	0.50	9:24	18:48	10	0:09	85	0:12
Wechsel S -> R	-	2:02	-	1	-	6	0:23	0.50	11:26	22:52	1	-	85	0:18
Schwimmen Total	0.50	11:26	22:52	1	-	85	0:18	0.50	11:26	22:52	1	-	85	0:18
Kontrolle Rad	6.00	12:37	2:06	6	1:04	34	1:48	6.50	24:03	3:42	10	1:01	85	2:06
Kontrolle Rad	8.00	14:20	1:47	2	0:08	9	0:48	14.50	38:23	2:38	10	1:09	84	2:53
Rad Ziel	6.00	10:44	1:47	4	0:22	11	0:39	20.50	49:07	2:23	10	1:27	85	3:29
Rad Net	20.00	37:41	1:53	1	27:19	1	27:36	20.50	49:07	2:23	10	1:27	85	3:29
Wechsel R -> L	-	0:39	-	1	-	2	0:04	20.50	49:46	2:25	10	1:18	85	3:19
Rad Total	20.00	38:20	1:55	4	1:21	13	3:01	20.50	49:46	2:25	10	1:18	85	3:19
Kontrolle Lauf	2.40	12:07	5:02	4	2:00	18	2:12	22.90	1:01:53	2:42	10	3:18	85	4:36
Lauf Ziel	2.60	12:34	4:49	4	1:59	18	1:59	25.50	1:14:27	2:55	2	5:17	8	5:51
Lauf Total	5.00	24:41	4:56	4	3:59	18	3:59	25.50	1:14:27	2:55	2	5:17	8	5:51