



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Thiemt, Frauke

Total time: 1:40:59

Number: 104

Course: 25.50 km

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

Rank in course/Total: 340 (of 353)

Rank in course/Women: 79 (of 84)

Best time in course: 1:08:36

Category:

Rank in category: 17(of 17)

Seniorinnen 1 (TW 40)

Best time in the category: 1:10:03

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	15:11	30:22	17	5:33	79	5:59	0.50	15:11	30:22	17	5:33	79	5:59
Wechsel S -> R	-	4:48	-	17	2:40	82	3:09	0.50	19:59	39:58	17	8:12	81	8:51
Schwimmen Total	0.50	19:59	39:58	17	8:12	81	8:51	0.50	19:59	39:58	17	8:12	81	8:51
Kontrolle Rad	6.00	14:29	2:24	15	3:35	72	3:40	6.50	34:28	5:18	17	11:27	80	12:31
Kontrolle Rad	8.00	18:17	2:17	17	4:45	75	4:45	14.50	52:45	3:38	17	16:12	79	17:15
Rad Ziel	6.00	13:33	2:15	15	3:28	73	3:28	20.50	1:06:18	3:14	17	19:40	80	20:40
Rad Net	20.00	46:19	2:18	1	36:14	1	36:14	20.50	1:06:18	3:14	17	19:40	80	20:40
Wechsel R -> L	-	1:04	-	11	0:23	39	0:29	20.50	1:07:22	3:17	17	19:56	80	20:55
Rad Total	20.00	47:23	2:22	17	12:04	75	12:04	20.50	1:07:22	3:17	17	19:56	80	20:55
Kontrolle Lauf	2.40	16:07	6:42	15	4:57	74	6:12	22.90	1:23:29	3:38	17	24:53	79	26:12
Lauf Ziel	2.60	17:30	6:43	15	6:03	77	6:55	25.50	1:40:59	3:57	17	30:56	79	32:23
Lauf Total	5.00	33:37	6:43	15	11:00	77	12:55	25.50	1:40:59	3:57	17	30:56	79	32:23