



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Knoll, Birgit

Total time: 1:20:32

Number: 206

Course: 25.50 km

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

Rank in course/Total: 214 (of 353)

Rank in course/Women: 33 (of 84)

Best time in course: 1:08:36

Category:

Seniorinnen 3 (TW 50)

Rank in category: 8(of 17)

Best time in the category: 1:12:44

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	11:03	22:06	6	1:51	26	1:51	0.50	11:03	22:06	18	1:51	26	1:51
Wechsel S -> R	-	2:57	-	10	0:56	45	1:18	0.50	14:00	28:00	18	2:42	85	2:52
Schwimmen Total	0.50	14:00	28:00	18	2:42	85	2:52	0.50	14:00	28:00	18	2:42	85	2:52
Kontrolle Rad	6.00	12:26	2:04	7	1:08	29	1:37	6.50	26:26	4:03	18	2:45	85	4:29
Kontrolle Rad	8.00	15:12	1:53	6	1:20	28	1:40	14.50	41:38	2:52	17	3:33	84	6:08
Rad Ziel	6.00	11:07	1:51	5	0:50	25	1:02	20.50	52:45	2:34	18	4:20	85	7:07
Rad Net	20.00	38:45	1:56	1	28:28	1	28:40	20.50	52:45	2:34	18	4:20	85	7:07
Wechsel R -> L	-	1:36	-	15	0:43	78	1:01	20.50	54:21	2:39	18	5:00	85	7:54
Rad Total	20.00	40:21	2:01	7	3:55	32	5:02	20.50	54:21	2:39	18	5:00	85	7:54
Kontrolle Lauf	2.40	13:00	5:25	8	2:21	38	3:05	22.90	1:07:21	2:56	18	6:01	85	10:04
Lauf Ziel	2.60	13:11	5:04	7	1:47	30	2:36	25.50	1:20:32	3:09	8	7:48	33	11:56
Lauf Total	5.00	26:11	5:14	7	4:08	33	5:29	25.50	1:20:32	3:09	8	7:48	33	11:56