16. Lorscher Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Hölder, Angela

Total time: 1:21:30

Club: Tri-Treff Storz
Number: 377

Course: 25.50 km
Lorscher Triathlon 0,5-20,0-5,0

Rank in course/Total: 226 (of 353)
Rank in course/Women: 37 (of 84)
Best time in course: 1:08:36

Category:
weibliche AK 4 (TW 35)

Rank in category: 3(of 8)
Best time in the category: 1:18:27

Intermediate times

Control	Split km	Split Time	Split min/km	Stage score Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Total ranking Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.50	11:02	22:03	2	1:46	25	1:50	0.50	11:02	22:03	9	1:46	85	1:50
Wechsel S -> R	-	2:20	-	2	0:41	19	0:41	0.50	13:22	26:44	9	0:10	85	2:14
Schwimmen Tota	0.50	13:22	26:44	9	0:10	85	2:14	0.50	13:22	26:44	9	0:10	85	2:14
Kontrolle Rad	6.00	12:28	2:04	1	-	30	1:39	6.50	25:50	3:58	1	-	85	3:53
Kontrolle Rad	8.00	15:50	1:58	2	0:21	42	2:18	14.50	41:40	2:52	1	-	84	6:10
Rad Ziel	6.00	11:20	1:53	1	-	33	1:15	20.50	53:00	2:35	1	-	85	7:22
Rad Net	20.00	39:38	1:58	1	28:18	1	29:33	20.50	53:00	2:35	1	-	85	7:22
Wechsel R -> L	-	1:07	-	5	0:23	45	0:32	20.50	54:07	2:38	9	0:07	85	7:40
Rad Total	20.00	40:45	2:02	2	0:12	36	5:26	20.50	54:07	2:38	9	0:07	85	7:40
Kontrolle Lauf	2.40	13:28	5:36	4	1:32	45	3:33	22.90	1:07:35	2:57	9	1:39	85	10:18
Lauf Ziel	2.60	13:55	5:21	4	1:24	39	3:20	25.50	1:21:30	3:11	3	3:03	37	12:54
Lauf Total	5.00	27:23	5:28	4	2:56	42	6:41	25.50	1:21:30	3:11	3	3:03	37	12:54