



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Emmenlauer, Simone

Total time: 1:18:06

Club: Heia Spechbach

Number: 69

Course: 25.50 km

Rank in course/Total: 169 (of 353)

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

Rank in course/Women: 22 (of 84)

Best time in course: 1:08:36

Category:

Rank in category: 3(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	9:38	19:15	1	-	7	0:26	0.50	9:38	19:15	1	-	7	0:26
Wechsel S -> R	-	2:09	-	2	0:01	11	0:30	0.50	11:47	23:33	1	-	6	0:39
Schwimmen Total	0.50	11:47	23:33	1	-	6	0:39	0.50	11:47	23:33	1	-	6	0:39
Kontrolle Rad	6.00	11:58	1:59	5	1:04	14	1:09	6.50	23:45	3:39	2	0:44	6	1:48
Kontrolle Rad	8.00	14:52	1:51	5	1:20	18	1:20	14.50	38:37	2:39	2	2:04	8	3:07
Rad Ziel	6.00	10:59	1:49	6	0:54	22	0:54	20.50	49:36	2:25	3	2:58	11	3:58
Rad Net	20.00	37:49	1:53	1	27:44	1	27:44	20.50	49:36	2:25	3	2:58	11	3:58
Wechsel R -> L	-	0:50	-	4	0:09	14	0:15	20.50	50:26	2:27	2	3:00	10	3:59
Rad Total	20.00	38:39	1:55	4	3:20	16	3:20	20.50	50:26	2:27	2	3:00	10	3:59
Kontrolle Lauf	2.40	13:24	5:35	9	2:14	43	3:29	22.90	1:03:50	2:47	2	5:14	15	6:33
Lauf Ziel	2.60	14:16	5:29	10	2:49	48	3:41	25.50	1:18:06	3:03	3	8:03	22	9:30
Lauf Total	5.00	27:40	5:31	8	5:03	45	6:58	25.50	1:18:06	3:03	3	8:03	22	9:30