



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Thomsen, Gisela

Total time: 1:19:50

Club: SSG Bensheim Triathlon

Number: 78

Course: 25.50 km

Rank in course/Total: 200 (of 353)

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

Rank in course/Women: 29 (of 84)

Best time in course: 1:08:36

Category:

Rank in category: 7(of 17)

Seniorinnen 3 (TW 50)

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	10:08	20:15	3	0:56	15	0:56	0.50	10:08	20:15	3	0:56	15	0:56
Wechsel S -> R	-	2:54	-	9	0:53	40	1:15	0.50	13:02	26:03	5	1:44	20	1:54
Schwimmen Total	0.50	13:02	26:03	5	1:44	20	1:54	0.50	13:02	26:03	5	1:44	20	1:54
Kontrolle Rad	6.00	13:00	2:09	11	1:42	49	2:11	6.50	26:02	4:00	6	2:21	27	4:05
Kontrolle Rad	8.00	15:35	1:56	8	1:43	40	2:03	14.50	41:37	2:52	17	3:32	28	6:07
Rad Ziel	6.00	11:36	1:56	9	1:19	44	1:31	20.50	53:13	2:35	18	4:48	32	7:35
Rad Net	20.00	40:11	2:00	1	29:54	1	30:06	20.50	53:13	2:35	18	4:48	32	7:35
Wechsel R -> L	-	0:58	-	5	0:05	28	0:23	20.50	54:11	2:38	18	4:50	32	7:44
Rad Total	20.00	41:09	2:03	9	4:43	43	5:50	20.50	54:11	2:38	18	4:50	32	7:44
Kontrolle Lauf	2.40	12:30	5:12	6	1:51	24	2:35	22.90	1:06:41	2:54	7	5:21	30	9:24
Lauf Ziel	2.60	13:09	5:03	6	1:45	29	2:34	25.50	1:19:50	3:07	7	7:06	29	11:14
Lauf Total	5.00	25:39	5:07	6	3:36	27	4:57	25.50	1:19:50	3:07	7	7:06	29	11:14