



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

## Detailed evaluation

Grimm, Elfi

Total time: 1:19:54

Number: 74

Course: 25.50 km

Rank in course/Total: 202 (of 353)

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

Rank in course/Women: 30 (of 84)

Best time in course: 1:08:36

Category:

Rank in category: 7(of 20)

Seniorinnen 2 TW 45)

Best time in the category: 1:08:36

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| Schwimmen nett  | 0.50        | 11:48         | 23:36           | 7           | 2:29           | 44           | 2:36            | 0.50        | 11:48         | 23:36           | 7           | 2:29           | 44           | 2:36            |
| Wechsel S -> R  | -           | 2:54          | -               | 10          | 1:05           | 40           | 1:15            | 0.50        | 14:42         | 29:23           | 7           | 3:34           | 42           | 3:34            |
| Schwimmen Total | 0.50        | 14:42         | 29:23           | 7           | 3:34           | 42           | 3:34            | 0.50        | 14:42         | 29:23           | 7           | 3:34           | 42           | 3:34            |
| Kontrolle Rad   | 6.00        | 12:25         | 2:04            | 6           | 1:36           | 27           | 1:36            | 6.50        | 27:07         | 4:10            | 6           | 5:10           | 35           | 5:10            |
| Kontrolle Rad   | 8.00        | 15:02         | 1:52            | 5           | 1:29           | 23           | 1:30            | 14.50       | 42:09         | 2:54            | 6           | 6:39           | 33           | 6:39            |
| Rad Ziel        | 6.00        | 10:50         | 1:48            | 2           | 0:42           | 13           | 0:45            | 20.50       | 52:59         | 2:35            | 6           | 7:21           | 30           | 7:21            |
| Rad Net         | 20.00       | 38:17         | 1:54            | 1           | 28:09          | 1            | 28:12           | 20.50       | 52:59         | 2:35            | 6           | 7:21           | 30           | 7:21            |
| Wechsel R -> L  | -           | 0:51          | -               | 3           | 0:07           | 16           | 0:16            | 20.50       | 53:50         | 2:37            | 5           | 7:23           | 27           | 7:23            |
| Rad Total       | 20.00       | 39:08         | 1:57            | 4           | 3:49           | 21           | 3:49            | 20.50       | 53:50         | 2:37            | 5           | 7:23           | 27           | 7:23            |
| Kontrolle Lauf  | 2.40        | 12:51         | 5:21            | 6           | 2:56           | 33           | 2:56            | 22.90       | 1:06:41       | 2:54            | 7           | 9:24           | 30           | 9:24            |
| Lauf Ziel       | 2.60        | 13:13         | 5:04            | 7           | 2:24           | 31           | 2:38            | 25.50       | 1:19:54       | 3:08            | 7           | 11:18          | 30           | 11:18           |
| Lauf Total      | 5.00        | 26:04         | 5:12            | 7           | 5:20           | 32           | 5:22            | 25.50       | 1:19:54       | 3:08            | 7           | 11:18          | 30           | 11:18           |