



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Rüdiger, Kathrin

Club: DLRG Lorsch e.V.

Number: 27

Course: 25.50 km

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

Category:

Seniorinnen 3 (TW 50)

Total time: 1:47:59

Rank in course/Total: 345 (of 353)

Rank in course/Women: 80 (of 84)

Best time in course: 1:08:36

Rank in category: 17(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	13:40	27:19	15	4:28	69	4:28	0.50	13:40	27:19	18	4:28	85	4:28
Wechsel S -> R	-	3:45	-	14	1:44	72	2:06	0.50	17:25	34:50	18	6:07	85	6:17
Schwimmen Total	0.50	17:25	34:50	18	6:07	85	6:17	0.50	17:25	34:50	18	6:07	85	6:17
Kontrolle Rad	6.00	14:02	2:20	16	2:44	66	3:13	6.50	31:27	4:50	18	7:46	85	9:30
Kontrolle Rad	8.00	17:40	2:12	15	3:48	70	4:08	14.50	49:07	3:23	17	11:02	84	13:37
Rad Ziel	6.00	12:50	2:08	15	2:33	69	2:45	20.50	1:01:57	3:01	18	13:32	85	16:19
Rad Net	20.00	44:32	2:13	1	34:15	1	34:27	20.50	1:01:57	3:01	18	13:32	85	16:19
Wechsel R -> L	-	1:08	-	10	0:15	50	0:33	20.50	1:03:05	3:04	18	13:44	85	16:38
Rad Total	20.00	45:40	2:16	16	9:14	70	10:21	20.50	1:03:05	3:04	18	13:44	85	16:38
Kontrolle Lauf	2.40	21:50	9:05	17	11:11	82	11:55	22.90	1:24:55	3:42	18	23:35	85	27:38
Lauf Ziel	2.60	23:04	8:52	17	11:40	82	12:29	25.50	1:47:59	4:14	17	35:15	80	39:23
Lauf Total	5.00	44:54	8:58	17	22:51	82	24:12	25.50	1:47:59	4:14	17	35:15	80	39:23