



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Pollag, Maria

Total time: 1:31:57

Club: DJK Käfertal-Waldhof

Number: 77

Course: 25.50 km

Rank in course/Total: 315 (of 353)

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

Rank in course/Women: 71 (of 84)

Best time in course: 1:08:36

Category:

Rank in category: 4(of 5)

Seniorinnen 4 (TW 55)

Best time in the category: 1:25:58

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	13:23	26:45	3	0:54	66	4:11	0.50	13:23	26:45	6	0:54	66	4:11
Wechsel S -> R	-	3:01	-	2	0:05	51	1:22	0.50	16:24	32:47	6	0:57	65	5:16
Schwimmen Total	0.50	16:24	32:47	6	0:57	65	5:16	0.50	16:24	32:47	6	0:57	65	5:16
Kontrolle Rad	6.00	13:55	2:19	4	0:58	63	3:06	6.50	30:19	4:39	6	1:21	66	8:22
Kontrolle Rad	8.00	17:02	2:07	3	1:40	61	3:30	14.50	47:21	3:15	6	1:40	67	11:51
Rad Ziel	6.00	12:41	2:06	4	1:22	67	2:36	20.50	1:00:02	2:55	4	2:46	68	14:24
Rad Net	20.00	43:38	2:10	1	32:19	1	33:33	20.50	1:00:02	2:55	4	2:46	68	14:24
Wechsel R -> L	-	1:14	-	2	0:28	59	0:39	20.50	1:01:16	2:59	4	2:45	68	14:49
Rad Total	20.00	44:52	2:14	4	3:59	67	9:33	20.50	1:01:16	2:59	4	2:45	68	14:49
Kontrolle Lauf	2.40	14:52	6:11	3	1:26	67	4:57	22.90	1:16:08	3:19	4	4:11	70	18:51
Lauf Ziel	2.60	15:49	6:04	4	1:48	67	5:14	25.50	1:31:57	3:36	4	5:59	71	23:21
Lauf Total	5.00	30:41	6:08	4	3:14	67	9:59	25.50	1:31:57	3:36	4	5:59	71	23:21