



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Ellen Friesen

Total time: 1:34:01

Number: 234

Course: 25.50 km

Rank in course/Total: 250 (of 279)

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

Rank in course/Women: 56 (of 69)

Best time in course: 1:06:39

Category:

Rank in category: 8(of 10)

Seniorinnen 1 (TW 40)

Best time in the category: 1:06:39

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	13:16	26:32	8	4:41	55	5:30	0.50	13:16	26:32	11	4:41	70	5:30
Wechsel S -> R	-	4:31	-	10	2:49	66	2:49	0.50	17:47	35:34	11	7:30	70	7:51
Schwimmen Total	0.50	17:47	35:34	11	7:30	70	7:51	0.50	17:47	35:34	11	7:30	70	7:51
Rad netto	20.00	46:07	2:18	9	11:00	60	11:00	20.50	1:03:54	3:07	11	18:30	70	18:30
Wechsel R -> L	-	0:47	-	2	0:08	9	0:09	20.50	1:04:41	3:09	11	18:19	70	18:19
Rad Total	20.00	46:54	2:20	9	10:49	59	10:49	20.50	1:04:41	3:09	11	18:19	70	18:19
Lauf Ziel	5.00	29:20	5:51	7	9:03	46	9:03	25.50	1:34:01	3:41	8	27:22	56	27:22