



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

## Detailed evaluation

**Simone Emmenlauer**

**Total time: 1:23:30**

Club: Heia Spechbach

Number: 30

Course: 25.50 km

Rank in course/Total: 171 (of 279)

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

Rank in course/Women: 29 (of 69)

Best time in course: 1:06:39

Category:

Rank in category: 3(of 13)

Seniorinnen 2 (TW 45)

Best time in the category: 1:22:55

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	9:45	19:30	1	-	11	1:59	0.50	9:45	19:30	1	-	70	1:59
Wechsel S -> R	-	2:29	-	1	-	15	0:47	0.50	12:14	24:27	1	-	70	2:18
Schwimmen Total	0.50	12:14	24:27	1	-	70	2:18	0.50	12:14	24:27	1	-	70	2:18
Rad netto	20.00	39:33	1:58	6	1:45	28	4:26	20.50	51:47	2:31	1	-	70	6:23
Wechsel R -> L	-	1:08	-	1	-	39	0:30	20.50	52:55	2:34	1	-	70	6:33
Rad Total	20.00	40:41	2:02	4	1:21	28	4:36	20.50	52:55	2:34	1	-	70	6:33
Lauf Ziel	5.00	30:35	6:06	11	9:28	51	10:18	25.50	1:23:30	3:16	3	0:35	29	16:51