



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Ellen Lichtenheldt

Total time: 1:24:52

Number: 57

Course: 25.50 km

Rank in course/Total: 184 (of 279)

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

Rank in course/Women: 34 (of 69)

Best time in course: 1:06:39

Category:

Rank in category: 7(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	11:58	23:56	4	2:13	30	4:12	0.50	11:58	23:56	14	2:13	70	4:12
Wechsel S -> R	-	2:58	-	5	0:29	35	1:16	0.50	14:56	29:52	14	2:42	70	5:00
Schwimmen Total	0.50	14:56	29:52	14	2:42	70	5:00	0.50	14:56	29:52	14	2:42	70	5:00
Rad netto	20.00	38:54	1:56	3	1:06	17	3:47	20.50	53:50	2:37	14	2:03	23	8:26
Wechsel R -> L	-	1:28	-	5	0:20	48	0:50	20.50	55:18	2:41	14	2:23	25	8:56
Rad Total	20.00	40:22	2:01	3	1:02	25	4:17	20.50	55:18	2:41	14	2:23	25	8:56
Lauf Ziel	5.00	29:34	5:54	8	8:27	47	9:17	25.50	1:24:52	3:19	7	1:57	34	18:13