



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Sandra Erning

Total time: 1:19:11

Number: 101

Course: 25.50 km

Rank in course/Total: 122 (of 279)

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

Rank in course/Women: 15 (of 69)

Best time in course: 1:06:39

Category:

Rank in category: 2(of 10)

Seniorinnen 3 (TW 50)

Best time in the category: 1:11:58

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	12:34	25:07	4	2:32	35	4:48	0.50	12:34	25:07	11	2:32	70	4:48
Wechsel S -> R	-	2:37	-	4	0:32	23	0:55	0.50	15:11	30:22	11	2:56	70	5:15
Schwimmen Total	0.50	15:11	30:22	11	2:56	70	5:15	0.50	15:11	30:22	11	2:56	70	5:15
Rad netto	20.00	37:25	1:52	3	0:17	6	2:18	20.50	52:36	2:33	11	3:07	19	7:12
Wechsel R -> L	-	1:13	-	8	0:35	41	0:35	20.50	53:49	2:37	11	3:29	21	7:27
Rad Total	20.00	38:38	1:55	3	0:33	8	2:33	20.50	53:49	2:37	11	3:29	21	7:27
Lauf Ziel	5.00	25:22	5:04	3	3:44	17	5:05	25.50	1:19:11	3:06	2	7:13	15	12:32