



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Monica Koch

Total time: 1:39:28

Number: 103

Course: 25.50 km

Rank in course/Total: 263 (of 279)

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

Rank in course/Women: 61 (of 69)

Best time in course: 1:06:39

Category:

Rank in category: 4(of 4)

Seniorinnen 5 (TW 60)

Best time in the category: 1:26:37

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	12:59	25:57	2	0:07	47	5:13	0.50	12:59	25:57	5	0:07	70	5:13
Wechsel S -> R	-	4:51	-	4	2:00	67	3:09	0.50	17:50	35:39	5	1:24	70	7:54
Schwimmen Total	0.50	17:50	35:39	5	1:24	70	7:54	0.50	17:50	35:39	5	1:24	70	7:54
Rad netto	20.00	52:22	2:37	4	12:15	65	17:15	20.50	1:10:12	3:25	4	13:25	64	24:48
Wechsel R -> L	-	2:04	-	4	1:01	67	1:26	20.50	1:12:16	3:31	4	13:31	64	25:54
Rad Total	20.00	54:26	2:43	4	12:21	65	18:21	20.50	1:12:16	3:31	4	13:31	64	25:54
Lauf Ziel	5.00	27:12	5:26	1	-	34	6:55	25.50	1:39:28	3:54	4	12:51	61	32:49