



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

## Detailed evaluation

Julia Hölzel

Total time: 1:34:53

Number: 158

Course: 25.50 km

Rank in course/Total: 254 (of 279)

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

Rank in course/Women: 57 (of 69)

Best time in course: 1:06:39

Category:

Rank in category: 9(of 9)

weibliche AK 2 (TW 25)

Best time in the category: 1:12:32

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	13:23	26:45	9	5:37	57	5:37	0.50	13:23	26:45	9	5:37	57	5:37
Wechsel S -> R	-	2:20	-	4	0:30	12	0:38	0.50	15:43	31:26	8	5:47	40	5:47
Schwimmen Total	0.50	15:43	31:26	8	5:47	40	5:47	0.50	15:43	31:26	8	5:47	40	5:47
Rad netto	20.00	46:58	2:20	9	10:11	62	11:51	20.50	1:02:41	3:03	9	15:01	70	17:17
Wechsel R -> L	-	0:52	-	5	0:13	22	0:14	20.50	1:03:33	3:05	9	14:12	70	17:11
Rad Total	20.00	47:50	2:23	9	10:16	62	11:45	20.50	1:03:33	3:05	9	14:12	70	17:11
Lauf Ziel	5.00	31:20	6:15	8	8:35	57	11:03	25.50	1:34:53	3:43	9	22:21	57	28:14