



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

TriTeam Ludwigshafener Lauf-Club Total time: 1:17:19

Club: Marion Griesbach~Saskia Helfenfinger-Jeck~Edith La

Number: 403

Course: 25.50 km

Triathlonstaffel

Rank in course: 21 (of 42)

Best time in course: 58:28

Category:

Rank in category: 2(of 6)

Damen-Staffel

Best time in the category: 1:13:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen nett	0.50	11:21	22:41	2	3:04	20	4:16	0.50	11:21	22:41	2	3:04	20	4:16
Wechsel S -> R	-	1:25	-	1	-	11	0:16	0.50	12:46	25:32	2	2:38	20	4:24
Schwimmen Total	0.50	12:46	25:32	2	2:38	20	4:24	0.50	12:46	25:32	2	2:38	20	4:24
Rad netto	20.00	36:39	1:49	1	-	14	7:03	20.50	49:25	2:24	1	-	14	11:01
Wechsel R -> L	-	0:33	-	2	0:01	23	0:09	20.50	49:58	2:26	1	-	15	11:01
Rad Total	20.00	37:12	1:51	1	-	14	7:03	20.50	49:58	2:26	1	-	15	11:01
Lauf	5.00	27:21	5:28	4	4:48	30	11:58	25.50	1:17:19	3:01	2	3:40	21	18:51