



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Steffi Dietz

Total time: 1:13:24

Club: United Runners of Pfalz

Number: 107

Course: 25.50 km

Rank in course/Total: 88 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 7 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 2(of 10)

Seniorinnen 1 (TW 40)

Best time in the category: 1:05:08

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	11:10	22:19	4	2:20	28	8:10	0.50	11:10	22:19	4	2:20	28	8:10
Wechsel S -> R	-	2:02	-	3	0:30	8	2:02	0.50	13:12	26:23	4	2:50	20	12:47
Schwimmen Total	0.50	13:12	26:23	4	2:50	20	12:47	0.50	13:12	26:23	4	2:50	20	12:47
Rad netto	20.00	37:02	1:51	2	3:01	6	3:01	20.50	50:14	2:27	2	5:51	9	9:29
Wechsel R -> L	-	0:51	-	3	0:02	15	0:18	20.50	51:05	2:29	2	5:44	10	8:27
Rad Total	20.00	37:53	1:53	2	2:54	5	2:54	20.50	51:05	2:29	2	5:44	10	8:27
Lauf Ziel	5.00	22:19	4:27	4	2:32	9	22:19	25.50	1:13:24	2:52	2	8:16	7	8:16