



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Johanna Bieneck

Total time: 1:13:31

Number: 273

Course: 25.50 km

Rank in course/Total: 90 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 8 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 3(of 10)

Seniorinnen 1 (TW 40)

Best time in the category: 1:05:08

Intermediate times				Stage score				Total ranking						
Control	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	10:04	20:07	2	1:14	16	7:04	0.50	10:04	20:07	11	1:14	82	7:04
Wechsel S -> R	-	2:17	-	4	0:45	12	2:17	0.50	12:21	24:41	11	1:59	82	11:56
Schwimmen Total	0.50	12:21	24:41	11	1:59	82	11:56	0.50	12:21	24:41	11	1:59	82	11:56
Rad netto	20.00	38:36	1:55	5	4:35	18	4:35	20.50	50:57	2:29	11	6:34	82	10:12
Wechsel R -> L	-	0:59	-	7	0:10	30	0:26	20.50	51:56	2:31	11	6:35	82	9:18
Rad Total	20.00	39:35	1:58	5	4:36	18	4:36	20.50	51:56	2:31	11	6:35	82	9:18
Lauf Ziel	5.00	21:35	4:18	2	1:48	7	21:35	25.50	1:13:31	2:52	3	8:23	8	8:23