



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

**Claudia Holzhauser**

**Total time: 1:34:07**

Club: RV 03 Bürstadt

Number: 103

Course: 25.50 km

Rank in course/Total: 303 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 69 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 8(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.50	12:48	25:36	7	3:58	55	9:48	0.50	12:48	25:36	7	3:58	55	9:48
Wechsel S -> R	-	4:56	-	10	3:24	80	4:56	0.50	17:44	35:28	8	7:22	67	17:19
Schwimmen Total	0.50	17:44	35:28	8	7:22	67	17:19	0.50	17:44	35:28	8	7:22	67	17:19
Rad netto	20.00	45:47	2:17	9	11:46	69	11:46	20.50	1:03:31	3:05	9	19:08	69	22:46
Wechsel R -> L	-	0:53	-	4	0:04	19	0:20	20.50	1:04:24	3:08	9	19:03	68	21:46
Rad Total	20.00	46:40	2:19	9	11:41	67	11:41	20.50	1:04:24	3:08	9	19:03	68	21:46
Lauf Ziel	5.00	29:43	5:56	8	9:56	60	29:43	25.50	1:34:07	3:41	8	28:59	69	28:59