



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

Claudia Ranz

Total time: 1:21:24

Number: 254

Course: 25.50 km

Rank in course/Total: 183 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 23 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 2(of 11)

Seniorinnen 2 (TW 45)

Best time in the category: 1:17:44

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	12:16	24:32	8	9:16	44	9:16	0.50	12:16	24:32	9	9:16	45	9:16
Wechsel S -> R	-	2:50	-	5	2:50	42	2:50	0.50	15:06	30:11	12	14:41	82	14:41
Schwimmen Total	0.50	15:06	30:11	12	14:41	82	14:41	0.50	15:06	30:11	12	14:41	82	14:41
Rad netto	20.00	37:22	1:52	1	-	8	3:21	20.50	52:28	2:33	12	11:43	82	11:43
Wechsel R -> L	-	1:48	-	10	0:57	73	1:15	20.50	54:16	2:38	12	11:38	82	11:38
Rad Total	20.00	39:10	1:57	1	-	13	4:11	20.50	54:16	2:38	12	11:38	82	11:38
Lauf Ziel	5.00	27:08	5:25	5	5:52	42	27:08	25.50	1:21:24	3:11	2	3:40	23	16:16