



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Anke Haag

Total time: 1:21:53

Number: 378

Course: 25.50 km

Rank in course/Total: 185 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 25 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 3(of 11)

Seniorinnen 2 (TW 45)

Best time in the category: 1:17:44

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	11:04	22:07	5	8:04	25	8:04	0.50	11:04	22:07	12	8:04	82	8:04
Wechsel S -> R	-	2:34	-	3	2:34	23	2:34	0.50	13:38	27:15	12	13:13	82	13:13
Schwimmen Total	0.50	13:38	27:15	12	13:13	82	13:13	0.50	13:38	27:15	12	13:13	82	13:13
Rad netto	20.00	42:13	2:06	8	4:51	46	8:12	20.50	55:51	2:43	12	15:06	82	15:06
Wechsel R -> L	-	1:15	-	7	0:24	48	0:42	20.50	57:06	2:47	12	14:28	82	14:28
Rad Total	20.00	43:28	2:10	8	4:18	49	8:29	20.50	57:06	2:47	12	14:28	82	14:28
Lauf Ziel	5.00	24:47	4:57	3	3:31	18	24:47	25.50	1:21:53	3:12	3	4:09	25	16:45