



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Iracema Braun

Total time: 1:22:30

Number: 55

Course: 25.50 km

Rank in course/Total: 188 (of 343)

Lorsche Triathlon 0,5-20,5,0

Rank in course/Women: 26 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 4(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	10:27	20:53	3	7:27	19	7:27	0.50	10:27	20:53	3	7:27	19	7:27
Wechsel S -> R	-	2:50	-	5	2:50	42	2:50	0.50	13:17	26:33	3	12:52	22	12:52
Schwimmen Total	0.50	13:17	26:33	3	12:52	22	12:52	0.50	13:17	26:33	3	12:52	22	12:52
Rad netto	20.00	40:57	2:02	4	3:35	31	6:56	20.50	54:14	2:38	3	13:29	26	13:29
Wechsel R -> L	-	0:59	-	2	0:08	30	0:26	20.50	55:13	2:41	3	12:35	24	12:35
Rad Total	20.00	41:56	2:05	3	2:46	31	6:57	20.50	55:13	2:41	3	12:35	24	12:35
Lauf Ziel	5.00	27:17	5:27	6	6:01	43	27:17	25.50	1:22:30	3:14	4	4:46	26	17:22