



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Anja Röder

Total time: 1:23:13

Number: 100

Course: 25.50 km

Lorsch Triathlon 0,5-20,5,0

Rank in course/Total: 193 (of 343)

Rank in course/Women: 28 (of 81)

Best time in course: 1:05:08

Category:

Seniorinnen 2 (TW 45)

Rank in category: 5(of 11)

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	13:44	27:27	11	10:44	66	10:44	0.50	13:44	27:27	11	10:44	66	10:44
Wechsel S -> R	-	3:31	-	10	3:31	63	3:31	0.50	17:15	34:30	11	16:50	64	16:50
Schwimmen Total	0.50	17:15	34:30	11	16:50	64	16:50	0.50	17:15	34:30	11	16:50	64	16:50
Rad netto	20.00	40:14	2:00	2	2:52	26	6:13	20.50	57:29	2:48	9	16:44	48	16:44
Wechsel R -> L	-	1:08	-	5	0:17	42	0:35	20.50	58:37	2:51	9	15:59	45	15:59
Rad Total	20.00	41:22	2:04	2	2:12	24	6:23	20.50	58:37	2:51	9	15:59	45	15:59
Lauf Ziel	5.00	24:36	4:55	2	3:20	17	24:36	25.50	1:23:13	3:15	5	5:29	28	18:05