



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

### Undine Vittinghoff

Club: DJK SSG Bensheim

Number: 331

Course: 25.50 km

Lorsch Triathlon 0,5-20,5,0

Category:

Seniorinnen 2 (TW 45)

Total time: 1:23:32

Rank in course/Total: 201 (of 343)

Rank in course/Women: 30 (of 81)

Best time in course: 1:05:08

Rank in category: 6(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.	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	10:35	21:10	4	7:35	20	7:35	0.50	10:35	21:10	12	7:35	82	7:35
Wechsel S -> R	-	3:22	-	8	3:22	59	3:22	0.50	13:57	27:53	12	13:32	82	13:32
Schwimmen Total	0.50	13:57	27:53	12	13:32	82	13:32	0.50	13:57	27:53	12	13:32	82	13:32
Rad netto	20.00	42:57	2:08	9	5:35	54	8:56	20.50	56:54	2:46	12	16:09	82	16:09
Wechsel R -> L	-	1:03	-	4	0:12	35	0:30	20.50	57:57	2:49	12	15:19	82	15:19
Rad Total	20.00	44:00	2:12	9	4:50	52	9:01	20.50	57:57	2:49	12	15:19	82	15:19
Lauf Ziel	5.00	25:35	5:06	4	4:19	30	25:35	25.50	1:23:32	3:16	6	5:48	30	18:24