



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Simone Emmenlauer

Total time: 1:27:19

Club: Heia Spechbach

Number: 83

Course: 25.50 km

Rank in course/Total: 255 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 48 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 8(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	Stage score				Total ranking						
				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	10:02	20:03	2	7:02	15	7:02	0.50	10:02	20:03	2	7:02	15	7:02
Wechsel S -> R	-	2:17	-	2	2:17	12	2:17	0.50	12:19	24:37	2	11:54	10	11:54
Schwimmen Total	0.50	12:19	24:37	2	11:54	10	11:54	0.50	12:19	24:37	2	11:54	10	11:54
Rad netto	20.00	44:06	2:12	10	6:44	59	10:05	20.50	56:25	2:45	6	15:40	35	15:40
Wechsel R -> L	-	1:02	-	3	0:11	33	0:29	20.50	57:27	2:48	6	14:49	35	14:49
Rad Total	20.00	45:08	2:15	11	5:58	59	10:09	20.50	57:27	2:48	6	14:49	35	14:49
Lauf Ziel	5.00	29:52	5:58	9	8:36	62	29:52	25.50	1:27:19	3:25	8	9:35	48	22:11