



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Esther Knoche

Total time: 1:16:55

Number: 93

Course: 25.50 km

Rank in course/Total: 129 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 15 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 1(of 11)

Seniorinnen 3 (TW 50)

Best time in the category: 1:16:55

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	9:46	19:32	1	-	9	6:46	0.50	9:46	19:32	1	-	9	6:46
Wechsel S -> R	-	3:17	-	6	0:50	56	3:17	0.50	13:03	26:06	12	0:04	18	12:38
Schwimmen Total	0.50	13:03	26:06	12	0:04	18	12:38	0.50	13:03	26:06	12	0:04	18	12:38
Rad netto	20.00	37:20	1:52	1	-	7	3:19	20.50	50:23	2:27	1	-	10	9:38
Wechsel R -> L	-	1:02	-	3	0:20	33	0:29	20.50	51:25	2:30	1	-	11	8:47
Rad Total	20.00	38:22	1:55	1	-	9	3:23	20.50	51:25	2:30	1	-	11	8:47
Lauf Ziel	5.00	25:30	5:05	3	0:02	29	25:30	25.50	1:16:55	3:00	1	-	15	11:47