



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Tanja van der Beeck

Total time: 1:23:27

Number: 82

Course: 25.50 km

Rank in course/Total: 199 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 29 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 2(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	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	12:17	24:33	5	2:31	47	9:17	0.50	12:17	24:33	5	2:31	47	9:17
Wechsel S -> R	-	3:20	-	7	0:53	57	3:20	0.50	15:37	31:14	12	2:38	48	15:12
Schwimmen Total	0.50	15:37	31:14	12	2:38	48	15:12	0.50	15:37	31:14	12	2:38	48	15:12
Rad netto	20.00	40:50	2:02	4	3:30	30	6:49	20.50	56:27	2:45	4	6:04	36	15:42
Wechsel R -> L	-	1:01	-	2	0:19	32	0:28	20.50	57:28	2:48	4	6:03	36	14:50
Rad Total	20.00	41:51	2:05	3	3:29	28	6:52	20.50	57:28	2:48	4	6:03	36	14:50
Lauf Ziel	5.00	25:59	5:11	4	0:31	32	25:59	25.50	1:23:27	3:16	2	6:32	29	18:19