



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Sandra Krämer

Total time: 1:24:05

Number: 99

Course: 25.50 km

Rank in course/Total: 208 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 34 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 3(of 11)

Seniorinnen 3 (TW 50)

Best time in the category: 1:16:55

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	12:06	24:11	4	2:20	42	9:06	0.50	12:06	24:11	4	2:20	42	9:06
Wechsel S -> R	-	2:27	-	1	-	18	2:27	0.50	14:33	29:06	12	1:34	36	14:08
Schwimmen Total	0.50	14:33	29:06	12	1:34	36	14:08	0.50	14:33	29:06	12	1:34	36	14:08
Rad netto	20.00	40:46	2:02	3	3:26	29	6:45	20.50	55:19	2:41	3	4:56	30	14:34
Wechsel R -> L	-	1:08	-	5	0:26	42	0:35	20.50	56:27	2:45	3	5:02	30	13:49
Rad Total	20.00	41:54	2:05	5	3:32	30	6:55	20.50	56:27	2:45	3	5:02	30	13:49
Lauf Ziel	5.00	27:38	5:31	5	2:10	45	27:38	25.50	1:24:05	3:17	3	7:10	34	18:57