



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Andrea Borkenstein

Total time: 1:26:32

Number: 346

Course: 25.50 km

Rank in course/Total: 244 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 45 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 5(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	9:53	19:45	2	0:07	13	6:53	0.50	9:53	19:45	12	0:07	82	6:53
Wechsel S -> R	-	3:06	-	4	0:39	50	3:06	0.50	12:59	25:57	1	-	82	12:34
Schwimmen Total	0.50	12:59	25:57	1	-	82	12:34	0.50	12:59	25:57	1	-	82	12:34
Rad netto	20.00	40:36	2:01	2	3:16	28	6:35	20.50	53:35	2:36	12	3:12	82	12:50
Wechsel R -> L	-	1:10	-	6	0:28	45	0:37	20.50	54:45	2:40	12	3:20	82	12:07
Rad Total	20.00	41:46	2:05	2	3:24	27	6:47	20.50	54:45	2:40	12	3:20	82	12:07
Lauf Ziel	5.00	31:47	6:21	11	6:19	68	31:47	25.50	1:26:32	3:23	5	9:37	45	21:24