



# 18 Lorsch Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

**Ina Silke Hauser**

**Total time: 1:32:35**

Club: LCO Edenkoben

Number: 89

Course: 25.50 km

Rank in course/Total: 295 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 64 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 10(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	13:11	26:22	6	3:25	58	10:11	0.50	13:11	26:22	6	3:25	58	10:11
Wechsel S -> R	-	3:27	-	8	1:00	62	3:27	0.50	16:38	33:15	12	3:39	60	16:13
Schwimmen Total	0.50	16:38	33:15	12	3:39	60	16:13	0.50	16:38	33:15	12	3:39	60	16:13
Rad netto	20.00	42:25	2:07	9	5:05	50	8:24	20.50	59:03	2:52	8	8:40	56	18:18
Wechsel R -> L	-	2:24	-	11	1:42	81	1:51	20.50	1:01:27	2:59	9	10:02	61	18:49
Rad Total	20.00	44:49	2:14	9	6:27	57	9:50	20.50	1:01:27	2:59	9	10:02	61	18:49
Lauf Ziel	5.00	31:08	6:13	9	5:40	65	31:08	25.50	1:32:35	3:37	10	15:40	64	27:27