



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Ute Grünebaum

Total time: 1:21:46

Number: 367

Course: 25.50 km

Rank in course/Total: 184 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 24 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 5(of 13)

weibliche AK 2 (TW 25)

Best time in the category: 1:07:24

Intermediate times

Stage score

Total ranking

Control	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	12:38	25:15	8	4:45	51	9:38	0.50	12:38	25:15	14	4:45	82	9:38
Wechsel S -> R	-	2:48	-	7	0:48	38	2:48	0.50	15:26	30:52	14	5:33	82	15:01
Schwimmen Total	0.50	15:26	30:52	14	5:33	82	15:01	0.50	15:26	30:52	14	5:33	82	15:01
Rad netto	20.00	38:59	1:56	5	2:46	21	4:58	20.50	54:25	2:39	14	8:00	82	13:40
Wechsel R -> L	-	1:17	-	8	0:44	53	0:44	20.50	55:42	2:43	14	8:22	82	13:04
Rad Total	20.00	40:16	2:00	5	3:08	21	5:17	20.50	55:42	2:43	14	8:22	82	13:04
Lauf Ziel	5.00	26:04	5:12	5	6:00	33	26:04	25.50	1:21:46	3:12	5	14:22	24	16:38