



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Michelle Spaar

Total time: 1:23:44

Number: 215

Course: 25.50 km

Rank in course/Total: 205 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 32 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 6(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.	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	11:53	23:45	6	4:00	36	8:53	0.50	11:53	23:45	14	4:00	82	8:53
Wechsel S -> R	-	2:41	-	4	0:41	30	2:41	0.50	14:34	29:07	14	4:41	82	14:09
Schwimmen Total	0.50	14:34	29:07	14	4:41	82	14:09	0.50	14:34	29:07	14	4:41	82	14:09
Rad netto	20.00	39:26	1:58	7	3:13	23	5:25	20.50	54:00	2:38	14	7:35	82	13:15
Wechsel R -> L	-	2:01	-	13	1:28	79	1:28	20.50	56:01	2:43	14	8:41	82	13:23
Rad Total	20.00	41:27	2:04	7	4:19	25	6:28	20.50	56:01	2:43	14	8:41	82	13:23
Lauf Ziel	5.00	27:43	5:32	7	7:39	46	27:43	25.50	1:23:44	3:17	6	16:20	32	18:36