



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Dominique Bost

Total time: 1:44:21

Number: 70

Course: 25.50 km

Rank in course/Total: 333 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 79 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 13(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	14:23	28:45	12	6:30	72	11:23	0.50	14:23	28:45	14	6:30	72	11:23
Wechsel S -> R	-	4:14	-	13	2:14	77	4:14	0.50	18:37	37:14	14	8:44	75	18:12
Schwimmen Total	0.50	18:37	37:14	14	8:44	75	18:12	0.50	18:37	37:14	14	8:44	75	18:12
Rad netto	20.00	46:40	2:19	9	10:27	72	12:39	20.50	1:05:17	3:11	14	18:52	73	24:32
Wechsel R -> L	-	0:54	-	4	0:21	21	0:21	20.50	1:06:11	3:13	14	18:51	72	23:33
Rad Total	20.00	47:34	2:22	9	10:26	72	12:35	20.50	1:06:11	3:13	14	18:51	72	23:33
Lauf Ziel	5.00	38:10	7:37	13	18:06	79	38:10	25.50	1:44:21	4:05	13	36:57	79	39:13