



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Lisa Habel

Total time: 1:21:13

Number: 94

Course: 25.50 km

Rank in course/Total: 177 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 22 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 4(of 10)

weibliche AK 3 (TW 30)

Best time in the category: 1:05:49

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	12:01	24:02	5	2:56	40	9:01	0.50	12:01	24:02	11	2:56	40	9:01
Wechsel S -> R	-	3:42	-	8	2:14	66	3:42	0.50	15:43	31:26	11	5:01	50	15:18
Schwimmen Total	0.50	15:43	31:26	11	5:01	50	15:18	0.50	15:43	31:26	11	5:01	50	15:18
Rad netto	20.00	41:18	2:03	6	6:53	36	7:17	20.50	57:01	2:46	11	11:43	43	16:16
Wechsel R -> L	-	1:50	-	10	1:04	76	1:17	20.50	58:51	2:52	11	12:37	50	16:13
Rad Total	20.00	43:08	2:09	7	7:56	47	8:09	20.50	58:51	2:52	11	12:37	50	16:13
Lauf Ziel	5.00	22:22	4:28	2	2:58	10	22:22	25.50	1:21:13	3:11	4	15:24	22	16:05