



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Johanna Christof

Total time: 1:23:10

Number: 12

Course: 25.50 km

Rank in course/Total: 192 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 27 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 5(of 10)

weibliche AK 3 (TW 30)

Best time in the category: 1:05:49

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	11:04	22:07	4	1:59	25	8:04	0.50	11:04	22:07	11	1:59	82	8:04
Wechsel S -> R	-	2:42	-	5	1:14	32	2:42	0.50	13:46	27:32	11	3:04	28	13:21
Schwimmen Total	0.50	13:46	27:32	11	3:04	28	13:21	0.50	13:46	27:32	11	3:04	28	13:21
Rad netto	20.00	39:51	1:59	4	5:26	24	5:50	20.50	53:37	2:36	11	8:19	82	12:52
Wechsel R -> L	-	1:44	-	9	0:58	70	1:11	20.50	55:21	2:42	11	9:07	82	12:43
Rad Total	20.00	41:35	2:04	4	6:23	26	6:36	20.50	55:21	2:42	11	9:07	82	12:43
Lauf Ziel	5.00	27:49	5:33	9	8:25	48	27:49	25.50	1:23:10	3:15	5	17:21	27	18:02