



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Helen Burbank

Total time: 1:23:56

Number: 97

Course: 25.50 km

Rank in course/Total: 206 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 33 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 6(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	9:48	19:36	3	0:43	10	6:48	0.50	9:48	19:36	11	0:43	11	6:48
Wechsel S -> R	-	2:39	-	4	1:11	27	2:39	0.50	12:27	24:53	11	1:45	13	12:02
Schwimmen Total	0.50	12:27	24:53	11	1:45	13	12:02	0.50	12:27	24:53	11	1:45	13	12:02
Rad netto	20.00	45:34	2:16	9	11:09	67	11:33	20.50	58:01	2:49	11	12:43	51	17:16
Wechsel R -> L	-	0:50	-	3	0:04	13	0:17	20.50	58:51	2:52	11	12:37	50	16:13
Rad Total	20.00	46:24	2:19	9	11:12	65	11:25	20.50	58:51	2:52	11	12:37	50	16:13
Lauf Ziel	5.00	25:05	5:00	5	5:41	21	25:05	25.50	1:23:56	3:17	6	18:07	33	18:48