



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Johanna Koenemund

Total time: 1:31:33

Number: 95

Course: 25.50 km

Lorsche Triathlon 0,5-20,5,0

Rank in course/Total: 285 (of 343)

Rank in course/Women: 58 (of 81)

Best time in course: 1:05:08

Category:

weibliche Junioren (TW18/19)

Rank in category: 2(of 2)

Best time in the category: 1:24:51

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	13:29	26:57	2	3:08	63	10:29	0.50	13:29	26:57	3	3:08	63	10:29
Wechsel S -> R	-	4:01	-	2	1:19	71	4:01	0.50	17:30	35:00	3	4:27	66	17:05
Schwimmen Total	0.50	17:30	35:00	3	4:27	66	17:05	0.50	17:30	35:00	3	4:27	66	17:05
Rad netto	20.00	45:44	2:17	2	3:27	68	11:43	20.50	1:03:14	3:05	3	7:54	66	22:29
Wechsel R -> L	-	1:16	-	2	0:35	49	0:43	20.50	1:04:30	3:08	3	8:29	69	21:52
Rad Total	20.00	47:00	2:21	2	4:02	69	12:01	20.50	1:04:30	3:08	3	8:29	69	21:52
Lauf Ziel	5.00	27:03	5:24	1	-	40	27:03	25.50	1:31:33	3:35	2	6:42	58	26:25