



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Claudia Holzhauser

Total time: 1:27:54

Club: RV 03 Bürstadt

Number: 124

Course: 25.50 km

Rank in course/Total: 279 (of 354)

Lorsch Triathlon

Rank in course/Women: 65 (of 100)

Best time in course: 1:02:58

Category:

Rank in category: 9(of 12)

Seniorinnen 1 (TW 40)

Best time in the category: 1:11:10

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	11:21	22:41	4	1:32	33	4:19	0.50	11:21	22:41	13	1:32	101	4:19
Wechsel S -> R	-	2:35	-	6	0:58	28	1:04	0.50	13:56	27:52	13	1:50	101	4:33
Schwimmen Total	0.50	13:56	27:52	13	1:50	101	4:33	0.50	13:56	27:52	13	1:50	101	4:33
Rad netto	20.00	45:04	2:15	10	7:44	80	42:15	20.50	59:00	2:52	13	9:34	101	44:27
Wechsel R -> L	-	1:23	-	9	0:39	66	0:49	20.50	1:00:23	2:56	13	9:59	101	16:08
Rad Total	20.00	46:27	2:19	10	8:09	80	11:35	20.50	1:00:23	2:56	13	9:59	101	16:08
Lauf Ziel	5.00	27:31	5:30	8	6:45	62	12:01	25.50	1:27:54	3:26	9	16:44	65	24:56