



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Agnes Tryjanowski

Total time: 1:29:01

Number: 354

Course: 25.50 km

Lorsch Triathlon

Rank in course/Total: 287 (of 354)

Rank in course/Women: 68 (of 100)

Best time in course: 1:02:58

Category:

Seniorinnen 1 (TW 40)

Rank in category: 10(of 12)

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	11:27	22:53	5	1:38	36	4:25	0.50	11:27	22:53	5	1:38	101	4:25
Wechsel S -> R	-	2:55	-	9	1:18	48	1:24	0.50	14:22	28:44	7	2:16	101	4:59
Schwimmen Total	0.50	14:22	28:44	7	2:16	101	4:59	0.50	14:22	28:44	7	2:16	101	4:59
Rad netto	20.00	43:28	2:10	9	6:08	67	40:39	20.50	57:50	2:49	9	8:24	101	43:17
Wechsel R -> L	-	1:24	-	10	0:40	67	0:50	20.50	59:14	2:53	9	8:50	101	14:59
Rad Total	20.00	44:52	2:14	9	6:34	66	10:00	20.50	59:14	2:53	9	8:50	101	14:59
Lauf Ziel	5.00	29:47	5:57	12	9:01	81	14:17	25.50	1:29:01	3:29	10	17:51	68	26:03