



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Jenny Hänseroth

Club: Helaba BSG Triathlon

Number: 105

Course: 25.50 km

Lorsch Triathlon

Category:

Seniorinnen 2 (TW 45)

Total time: 1:05:09

Rank in course/Total: 16 (of 354)

Rank in course/Women: 2 (of 100)

Best time in course: 1:02:58

Rank in category: 1(of 12)

Best time in the category: 1:05:09

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	8:49	17:37	1	-	9	1:47	0.50	8:49	17:37	1	-	101	1:47
Wechsel S -> R	-	1:31	-	1	-	1	-	0.50	10:20	20:40	1	-	4	0:57
Schwimmen Total	0.50	10:20	20:40	1	-	4	0:57	0.50	10:20	20:40	1	-	4	0:57
Rad netto	20.00	34:41	1:44	1	-	3	31:52	20.50	45:01	2:11	1	-	3	30:28
Wechsel R -> L	-	1:02	-	3	0:16	38	0:28	20.50	46:03	2:14	1	-	2	1:48
Rad Total	20.00	35:43	1:47	1	-	2	0:51	20.50	46:03	2:14	1	-	2	1:48
Lauf Ziel	5.00	19:06	3:49	1	-	3	3:36	25.50	1:05:09	2:33	1	-	2	2:11