



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Simone Barabas

Total time: 1:18:14

Club: SG Arheilgen Traithlon

Number: 108

Course: 25.50 km

Rank in course/Total: 158 (of 354)

Lorsch Triathlon

Rank in course/Women: 21 (of 100)

Best time in course: 1:02:58

Category:

Rank in category: 4(of 12)

Seniorinnen 2 (TW 45)

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	10:20	20:40	4	1:31	21	3:18	0.50	10:20	20:40	4	1:31	101	3:18
Wechsel S -> R	-	2:37	-	5	1:06	29	1:06	0.50	12:57	25:53	4	2:37	21	3:34
Schwimmen Total	0.50	12:57	25:53	4	2:37	21	3:34	0.50	12:57	25:53	4	2:37	21	3:34
Rad netto	20.00	39:47	1:59	7	5:06	34	36:58	20.50	52:44	2:34	5	7:43	24	38:11
Wechsel R -> L	-	1:20	-	7	0:34	62	0:46	20.50	54:04	2:38	5	8:01	24	9:49
Rad Total	20.00	41:07	2:03	8	5:24	34	6:15	20.50	54:04	2:38	5	8:01	24	9:49
Lauf Ziel	5.00	24:10	4:50	4	5:04	25	8:40	25.50	1:18:14	3:04	4	13:05	21	15:16