



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Anja Röder

Total time: 1:20:43

Number: 71

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 189 (of 354)

Rank in course/Women: 28 (of 100)

Best time in course: 1:02:58

Category:

Rank in category: 6(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	12:39	25:18	10	3:50	69	5:37	0.50	12:39	25:18	10	3:50	101	5:37
Wechsel S -> R	-	2:19	-	3	0:48	16	0:48	0.50	14:58	29:56	7	4:38	47	5:35
Schwimmen Total	0.50	14:58	29:56	7	4:38	47	5:35	0.50	14:58	29:56	7	4:38	47	5:35
Rad netto	20.00	39:19	1:57	5	4:38	29	36:30	20.50	54:17	2:38	8	9:16	38	39:44
Wechsel R -> L	-	0:46	-	1	-	12	0:12	20.50	55:03	2:41	7	9:00	31	10:48
Rad Total	20.00	40:05	2:00	4	4:22	23	5:13	20.50	55:03	2:41	7	9:00	31	10:48
Lauf Ziel	5.00	25:40	5:08	6	6:34	43	10:10	25.50	1:20:43	3:09	6	15:34	28	17:45