



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Claudia Ranz

Total time: 1:21:13

Number: 112

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 198 (of 354)

Rank in course/Women: 32 (of 100)

Best time in course: 1:02:58

Category:

Rank in category: 7(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	12:01	24:02	7	3:12	51	4:59	0.50	12:01	24:02	13	3:12	101	4:59
Wechsel S -> R	-	3:01	-	8	1:30	55	1:30	0.50	15:02	30:03	13	4:42	101	5:39
Schwimmen Total	0.50	15:02	30:03	13	4:42	101	5:39	0.50	15:02	30:03	13	4:42	101	5:39
Rad netto	20.00	39:03	1:57	4	4:22	23	36:14	20.50	54:05	2:38	13	9:04	101	39:32
Wechsel R -> L	-	1:41	-	10	0:55	87	1:07	20.50	55:46	2:43	13	9:43	101	11:31
Rad Total	20.00	40:44	2:02	5	5:01	27	5:52	20.50	55:46	2:43	13	9:43	101	11:31
Lauf Ziel	5.00	25:27	5:05	5	6:21	35	9:57	25.50	1:21:13	3:11	7	16:04	32	18:15