



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Sandra Dietz

Total time: 1:15:57

Club: Stimmel Sports e.V.

Number: 84

Course: 25.50 km

Rank in course/Total: 118 (of 354)

Lorsch Triathlon

Rank in course/Women: 15 (of 100)

Best time in course: 1:02:58

Category:

Rank in category: 1(of 9)

Seniorinnen 3 (TW 50)

Best time in the category: 1:15:57

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	10:41	21:22	1	-	27	3:39	0.50	10:41	21:22	1	-	101	3:39
Wechsel S -> R	-	2:50	-	4	0:17	45	1:19	0.50	13:31	27:02	1	-	26	4:08
Schwimmen Total	0.50	13:31	27:02	1	-	26	4:08	0.50	13:31	27:02	1	-	26	4:08
Rad netto	20.00	37:56	1:53	2	1:39	16	35:07	20.50	51:27	2:30	10	1:09	20	36:54
Wechsel R -> L	-	1:39	-	8	0:54	84	1:05	20.50	53:06	2:35	10	1:14	20	8:51
Rad Total	20.00	39:35	1:58	2	1:44	17	4:43	20.50	53:06	2:35	10	1:14	20	8:51
Lauf Ziel	5.00	22:51	4:34	1	-	13	7:21	25.50	1:15:57	2:58	1	-	15	12:59