



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Christiane Heckhoff

Total time: 1:17:25

Club: LSV Ladenburg

Number: 2

Course: 25.50 km

Rank in course/Total: 142 (of 354)

Lorsch Triathlon

Rank in course/Women: 18 (of 100)

Best time in course: 1:02:58

Category:

Rank in category: 2(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.50	11:28	22:56	2	0:47	37	4:26	0.50	11:28	22:56	10	0:47	101	4:26
Wechsel S -> R	-	2:33	-	1	-	23	1:02	0.50	14:01	28:02	10	0:30	101	4:38
Schwimmen Total	0.50	14:01	28:02	10	0:30	101	4:38	0.50	14:01	28:02	10	0:30	101	4:38
Rad netto	20.00	36:17	1:48	1	-	6	33:28	20.50	50:18	2:27	1	-	101	35:45
Wechsel R -> L	-	1:34	-	5	0:49	80	1:00	20.50	51:52	2:31	1	-	101	7:37
Rad Total	20.00	37:51	1:53	1	-	8	2:59	20.50	51:52	2:31	1	-	101	7:37
Lauf Ziel	5.00	25:33	5:06	3	2:42	40	10:03	25.50	1:17:25	3:02	2	1:28	18	14:27