



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Mirja Staehr

Total time: 1:22:21

Number: 72

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 210 (of 354)

Rank in course/Women: 39 (of 100)

Best time in course: 1:02:58

Category:

Rank in category: 4(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	11:30	23:00	3	0:49	40	4:28	0.50	11:30	23:00	3	0:49	101	4:28
Wechsel S -> R	-	2:38	-	2	0:05	31	1:07	0.50	14:08	28:15	3	0:37	34	4:45
Schwimmen Total	0.50	14:08	28:15	3	0:37	34	4:45	0.50	14:08	28:15	3	0:37	34	4:45
Rad netto	20.00	39:49	1:59	5	3:32	36	37:00	20.50	53:57	2:37	10	3:39	32	39:24
Wechsel R -> L	-	1:43	-	9	0:58	88	1:09	20.50	55:40	2:42	10	3:48	37	11:25
Rad Total	20.00	41:32	2:04	5	3:41	36	6:40	20.50	55:40	2:42	10	3:48	37	11:25
Lauf Ziel	5.00	26:41	5:20	5	3:50	53	11:11	25.50	1:22:21	3:13	4	6:24	39	19:23