



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Katja Janson

Club: SSG Bensheim

Number: 431

Course: 25.50 km

Lorsch Triathlon

Category:

Seniorinnen 3 (TW 50)

Total time: 1:36:59

Rank in course/Total: 330 (of 354)

Rank in course/Women: 90 (of 100)

Best time in course: 1:02:58

Rank in category: 9(of 9)

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	12:50	25:40	7	2:09	73	5:48	0.50	12:50	25:40	10	2:09	73	5:48
Wechsel S -> R	-	5:27	-	9	2:54	96	3:56	0.50	18:17	36:34	10	4:46	101	8:54
Schwimmen Total	0.50	18:17	36:34	10	4:46	101	8:54	0.50	18:17	36:34	10	4:46	101	8:54
Rad netto	20.00	49:25	2:28	9	13:08	96	46:36	20.50	1:07:42	3:18	10	17:24	101	53:09
Wechsel R -> L	-	1:36	-	7	0:51	82	1:02	20.50	1:09:18	3:22	10	17:26	101	25:03
Rad Total	20.00	51:01	2:33	9	13:10	95	16:09	20.50	1:09:18	3:22	10	17:26	101	25:03
Lauf Ziel	5.00	27:41	5:32	7	4:50	65	12:11	25.50	1:36:59	3:48	9	21:02	90	34:01