



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Heike Fluck

Total time: 1:23:07

Club: Monnem Vorne

Number: 80

Course: 25.50 km

Lorsch Triathlon

Rank in course/Total: 221 (of 354)

Rank in course/Women: 42 (of 100)

Best time in course: 1:02:58

Category:

Seniorinnen 4 (TW 55)

Rank in category: 2(of 7)

Best time in the category: 1:14:37

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	11:28	22:56	3	2:07	37	4:26	0.50	11:28	22:56	3	2:07	101	4:26
Wechsel S -> R	-	3:06	-	4	0:53	57	1:35	0.50	14:34	29:07	4	2:50	41	5:11
Schwimmen Total	0.50	14:34	29:07	4	2:50	41	5:11	0.50	14:34	29:07	4	2:50	41	5:11
Rad netto	20.00	41:39	2:04	5	38:50	54	38:50	20.50	56:13	2:44	4	41:40	48	41:40
Wechsel R -> L	-	1:31	-	3	0:24	74	0:57	20.50	57:44	2:48	8	5:36	49	13:29
Rad Total	20.00	43:10	2:09	4	3:09	55	8:18	20.50	57:44	2:48	8	5:36	49	13:29
Lauf Ziel	5.00	25:23	5:04	3	2:54	33	9:53	25.50	1:23:07	3:15	2	8:30	42	20:09