



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Sophie Bienewald

Total time: 1:30:59

Club: RSC Ludwigshafen

Number: 216

Course: 25.50 km

Rank in course/Total: 298 (of 354)

Lorsch Triathlon

Rank in course/Women: 74 (of 100)

Best time in course: 1:02:58

Category:

Rank in category: 5(of 7)

Seniorinnen 4 (TW 55)

Best time in the category: 1:14:37

| 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 | 13:42 | 27:23 | 6 | 4:21 | 89 | 6:40 | 0.50 | 13:42 | 27:23 | 8 | 4:21 | 101 | 6:40 |
| Wechsel S -> R | - | 3:48 | - | 5 | 1:35 | 78 | 2:17 | 0.50 | 17:30 | 35:00 | 8 | 5:46 | 101 | 8:07 |
| Schwimmen Total | 0.50 | 17:30 | 35:00 | 8 | 5:46 | 101 | 8:07 | 0.50 | 17:30 | 35:00 | 8 | 5:46 | 101 | 8:07 |
| Rad netto | 20.00 | 41:35 | 2:04 | 4 | 38:46 | 53 | 38:46 | 20.50 | 59:05 | 2:52 | 8 | 44:32 | 101 | 44:32 |
| Wechsel R -> L | - | 1:33 | - | 4 | 0:26 | 78 | 0:59 | 20.50 | 1:00:38 | 2:57 | 8 | 8:30 | 101 | 16:23 |
| Rad Total | 20.00 | 43:08 | 2:09 | 3 | 3:07 | 54 | 8:16 | 20.50 | 1:00:38 | 2:57 | 8 | 8:30 | 101 | 16:23 |
| Lauf Ziel | 5.00 | 30:21 | 6:04 | 6 | 7:52 | 85 | 14:51 | 25.50 | 1:30:59 | 3:34 | 5 | 16:22 | 74 | 28:01 |