



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Gaby Stein Hollmann

Total time: 1:30:57

Number: 83

Course: 25.50 km

Rank in course/Total: 297 (of 354)

Lorsch Triathlon

Rank in course/Women: 73 (of 100)

Best time in course: 1:02:58

Category:

Rank in category: 2(of 7)

Seniorinnen 5 (TW 60)

Best time in the category: 1:18:52

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	16:29	32:58	7	4:45	100	9:27	0.50	16:29	32:58	8	4:45	101	9:27
Wechsel S -> R	-	4:22	-	4	1:23	86	2:51	0.50	20:51	41:42	8	5:48	100	11:28
Schwimmen Total	0.50	20:51	41:42	8	5:48	100	11:28	0.50	20:51	41:42	8	5:48	100	11:28
Rad netto	20.00	53:19	2:39	7	15:05	100	50:30	20.50	1:14:10	3:37	8	20:53	100	59:37
Wechsel R -> L	-	1:17	-	5	0:19	57	0:43	20.50	1:15:27	3:40	8	20:57	100	31:12
Rad Total	20.00	54:36	2:43	7	15:09	100	19:44	20.50	1:15:27	3:40	8	20:57	100	31:12
Lauf Ziel	5.00	15:30	3:06	1	-	1	-	25.50	1:30:57	3:34	2	12:05	73	27:59