



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Selina Vöpel

Club: Ludwigshafener SV 07

Number: 282

Course: 25.50 km

Lorsch Triathlon

Category:

weibliche AK 1 (TW 20)

Total time: 1:22:51

Rank in course/Total: 215 (of 354)

Rank in course/Women: 40 (of 100)

Best time in course: 1:02:58

Rank in category: 3(of 8)

Best time in the category: 1:13:56

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	11:15	22:30	4	3:39	31	4:13	0.50	11:15	22:30	9	3:39	101	4:13
Wechsel S -> R	-	2:44	-	2	0:34	38	1:13	0.50	13:59	27:57	9	3:02	101	4:36
Schwimmen Total	0.50	13:59	27:57	9	3:02	101	4:36	0.50	13:59	27:57	9	3:02	101	4:36
Rad netto	20.00	39:54	1:59	2	1:11	37	37:05	20.50	53:53	2:37	9	4:12	101	39:20
Wechsel R -> L	-	1:12	-	7	0:28	50	0:38	20.50	55:05	2:41	9	4:23	101	10:50
Rad Total	20.00	41:06	2:03	2	1:22	33	6:14	20.50	55:05	2:41	9	4:23	101	10:50
Lauf Ziel	5.00	27:46	5:33	7	4:32	67	12:16	25.50	1:22:51	3:14	3	8:55	40	19:53