



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Johanna Seitz

Club: Schön Klinik Lorsch

Number: 439

Course: 25.50 km

Lorsch Triathlon

Category:

weibliche AK 1 (TW 20)

Total time: 1:34:40

Rank in course/Total: 320 (of 354)

Rank in course/Women: 86 (of 100)

Best time in course: 1:02:58

Rank in category: 8(of 8)

Best time in the category: 1:13:56

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	12:03	24:06	6	4:27	54	5:01	0.50	12:03	24:06	9	4:27	54	5:01
Wechsel S -> R	-	3:41	-	4	1:31	73	2:10	0.50	15:44	31:27	9	4:47	101	6:21
Schwimmen Total	0.50	15:44	31:27	9	4:47	101	6:21	0.50	15:44	31:27	9	4:47	101	6:21
Rad netto	20.00	45:10	2:15	7	6:27	81	42:21	20.50	1:00:54	2:58	9	11:13	101	46:21
Wechsel R -> L	-	0:44	-	1	-	6	0:10	20.50	1:01:38	3:00	9	10:56	101	17:23
Rad Total	20.00	45:54	2:17	6	6:10	75	11:02	20.50	1:01:38	3:00	9	10:56	101	17:23
Lauf Ziel	5.00	33:02	6:36	8	9:48	93	17:32	25.50	1:34:40	3:42	8	20:44	86	31:42