



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Laura Schäfer

Total time: 1:22:19

Number: 92

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 209 (of 354)

Rank in course/Women: 38 (of 100)

Best time in course: 1:02:58

Category:

weibliche AK 2 (TW 25)

Rank in category: 10(of 22)

Best time in the category: 1:09:22

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	12:56	25:52	16	5:09	76	5:54	0.50	12:56	25:52	23	5:09	101	5:54
Wechsel S -> R	-	2:33	-	5	0:33	23	1:02	0.50	15:29	30:57	23	5:41	58	6:06
Schwimmen Total	0.50	15:29	30:57	23	5:41	58	6:06	0.50	15:29	30:57	23	5:41	58	6:06
Rad netto	20.00	43:06	2:09	14	7:38	65	40:17	20.50	58:35	2:51	23	12:42	61	44:02
Wechsel R -> L	-	1:11	-	11	0:30	49	0:37	20.50	59:46	2:54	23	13:05	62	15:31
Rad Total	20.00	44:17	2:12	14	8:01	62	9:25	20.50	59:46	2:54	23	13:05	62	15:31
Lauf Ziel	5.00	22:33	4:30	2	0:51	11	7:03	25.50	1:22:19	3:13	10	12:57	38	19:21