



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Katja Knaup

Club: AZHP

Number: 107

Course: 25.50 km

Lorsch Triathlon

Category:

weibliche AK 2 (TW 25)

Total time: 1:26:40

Rank in course/Total: 262 (of 354)

Rank in course/Women: 59 (of 100)

Best time in course: 1:02:58

Rank in category: 14(of 22)

Best time in the category: 1:09:22

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	12:55	25:49	15	5:08	75	5:53	0.50	12:55	25:49	23	5:08	101	5:53
Wechsel S -> R	-	3:39	-	18	1:39	72	2:08	0.50	16:34	33:07	23	6:46	77	7:11
Schwimmen Total	0.50	16:34	33:07	23	6:46	77	7:11	0.50	16:34	33:07	23	6:46	77	7:11
Rad netto	20.00	44:32	2:13	16	9:04	74	41:43	20.50	1:01:06	2:58	23	15:13	78	46:33
Wechsel R -> L	-	1:25	-	17	0:44	70	0:51	20.50	1:02:31	3:02	23	15:50	76	18:16
Rad Total	20.00	45:57	2:17	17	9:41	77	11:05	20.50	1:02:31	3:02	23	15:50	76	18:16
Lauf Ziel	5.00	24:09	4:49	5	2:27	23	8:39	25.50	1:26:40	3:23	14	17:18	59	23:42