



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Laura Kristalis

Total time: 1:38:45

Number: 290

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 336 (of 354)

Rank in course/Women: 92 (of 100)

Best time in course: 1:02:58

Category:

weibliche AK 2 (TW 25)

Rank in category: 20(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	13:02	26:03	17	5:15	80	6:00	0.50	13:02	26:03	23	5:15	101	6:00
Wechsel S -> R	-	3:43	-	19	1:43	76	2:12	0.50	16:45	33:30	23	6:57	101	7:22
Schwimmen Total	0.50	16:45	33:30	23	6:57	101	7:22	0.50	16:45	33:30	23	6:57	101	7:22
Rad netto	20.00	47:37	2:22	20	12:09	90	44:48	20.50	1:04:22	3:08	23	18:29	101	49:49
Wechsel R -> L	-	1:24	-	15	0:43	67	0:50	20.50	1:05:46	3:12	23	19:05	101	21:31
Rad Total	20.00	49:01	2:27	20	12:45	89	14:09	20.50	1:05:46	3:12	23	19:05	101	21:31
Lauf Ziel	5.00	32:59	6:35	20	11:17	91	17:29	25.50	1:38:45	3:52	20	29:23	92	35:47