



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Lena Guddat

Total time: 1:40:43

Number: 90

Course: 25.50 km

Rank in course/Total: 342 (of 354)

Lorsch Triathlon

Rank in course/Women: 96 (of 100)

Best time in course: 1:02:58

Category:

Rank in category: 22(of 22)

weibliche AK 2 (TW 25)

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	14:41	29:22	21	6:54	93	7:39	0.50	14:41	29:22	23	6:54	101	7:39
Wechsel S -> R	-	4:29	-	22	2:29	88	2:58	0.50	19:10	38:20	23	9:22	93	9:47
Schwimmen Total	0.50	19:10	38:20	23	9:22	93	9:47	0.50	19:10	38:20	23	9:22	93	9:47
Rad netto	20.00	46:57	2:20	18	11:29	88	44:08	20.50	1:06:07	3:13	23	20:14	91	51:34
Wechsel R -> L	-	1:12	-	12	0:31	50	0:38	20.50	1:07:19	3:17	23	20:38	92	23:04
Rad Total	20.00	48:09	2:24	19	11:53	86	13:17	20.50	1:07:19	3:17	23	20:38	92	23:04
Lauf Ziel	5.00	33:24	6:40	22	11:42	94	17:54	25.50	1:40:43	3:56	22	31:21	96	37:45