



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Rebecca Lang

Total time: 1:31:07

Number: 50

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 299 (of 354)

Rank in course/Women: 75 (of 100)

Best time in course: 1:02:58

Category:

weibliche AK 3 (TW 30)

Rank in category: 8(of 10)

Best time in the category: 1:06:15

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	11:24	22:48	5	2:37	34	4:22	0.50	11:24	22:48	5	2:37	101	4:22
Wechsel S -> R	-	3:34	-	6	2:03	70	2:03	0.50	14:58	29:56	4	4:40	47	5:35
Schwimmen Total	0.50	14:58	29:56	4	4:40	47	5:35	0.50	14:58	29:56	4	4:40	47	5:35
Rad netto	20.00	46:52	2:20	9	11:26	85	44:03	20.50	1:01:50	3:00	9	16:06	101	47:17
Wechsel R -> L	-	0:52	-	5	0:18	27	0:18	20.50	1:02:42	3:03	8	16:24	101	18:27
Rad Total	20.00	47:44	2:23	9	11:44	83	12:52	20.50	1:02:42	3:03	8	16:24	101	18:27
Lauf Ziel	5.00	28:25	5:41	7	8:28	70	12:55	25.50	1:31:07	3:34	8	24:52	75	28:09