



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Anne-Christine Kapp

Total time: 1:29:58

Number: 100

Course: 25.50 km

Rank in course/Total: 291 (of 354)

Lorsch Triathlon

Rank in course/Women: 71 (of 100)

Best time in course: 1:02:58

Category:

Rank in category: 10(of 11)

weibliche AK 4 (TW 35)

Best time in the category: 1:02:58

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	13:00	26:00	10	5:58	78	5:58	0.50	13:00	26:00	12	5:58	101	5:58
Wechsel S -> R	-	3:08	-	9	1:36	59	1:37	0.50	16:08	32:15	9	6:45	70	6:45
Schwimmen Total	0.50	16:08	32:15	9	6:45	70	6:45	0.50	16:08	32:15	9	6:45	70	6:45
Rad netto	20.00	44:12	2:12	9	10:02	70	41:23	20.50	1:00:20	2:56	8	16:47	71	45:47
Wechsel R -> L	-	0:44	-	3	0:08	6	0:10	20.50	1:01:04	2:58	8	16:49	69	16:49
Rad Total	20.00	44:56	2:14	8	10:04	67	10:04	20.50	1:01:04	2:58	8	16:49	69	16:49
Lauf Ziel	5.00	28:54	5:46	10	10:11	73	13:24	25.50	1:29:58	3:31	10	27:00	71	27:00