



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

## Detalizēti rezultāti

Pollag, Maria

Klubs: DJK Käfertal-Waldhof

Numurs: 77

Posms: 25.50 km

Lorsch Triathlon 0,5-20,0-5,0

Grupa:

Seniorinnen 4 (TW 55)

Kopējais laiks: 1:31:57

Vieta distancē/Kopā: 315 (no 353)

Vieta distancē/Sievietes: 71 (no 84)

Distances labākais laiks: 1:08:36

Vieta grupā: 4(no 5)

Grupas labākais laiks: 1:25:58

## Vidējie laiki

## Posma rezultāts

## Kopējais rezultāts

| Kontrollpunkts | Posma<br>km | Posma<br>Laiks | Posma<br>min/km | Vietāztrūkums:<br>grupā | Vietāztrūkums:<br>Sievietes | Kopā<br>km | Kopā<br>Laiks | Kopā<br>min/km | Vietāztrūkums:<br>grupā | Vietāztrūkums:<br>Sievietes |   |      |    |       |
|----------------|-------------|----------------|-----------------|-------------------------|-----------------------------|------------|---------------|----------------|-------------------------|-----------------------------|---|------|----|-------|
| Schwimmen nett | 0.50        | 13:23          | 26:45           | 3                       | 0:54                        | 66         | 4:11          | 0.50           | 13:23                   | 26:45                       | 6 | 0:54 | 66 | 4:11  |
| Wechsel S -> R | -           | 3:01           | -               | 2                       | 0:05                        | 51         | 1:22          | 0.50           | 16:24                   | 32:47                       | 6 | 0:57 | 65 | 5:16  |
| Schwimmen Kop. | 0.50        | 16:24          | 32:47           | 6                       | 0:57                        | 65         | 5:16          | 0.50           | 16:24                   | 32:47                       | 6 | 0:57 | 65 | 5:16  |
| Kontrolle Rad  | 6.00        | 13:55          | 2:19            | 4                       | 0:58                        | 63         | 3:06          | 6.50           | 30:19                   | 4:39                        | 6 | 1:21 | 66 | 8:22  |
| Kontrolle Rad  | 8.00        | 17:02          | 2:07            | 3                       | 1:40                        | 61         | 3:30          | 14.50          | 47:21                   | 3:15                        | 6 | 1:40 | 67 | 11:51 |
| Rad Ziel       | 6.00        | 12:41          | 2:06            | 4                       | 1:22                        | 67         | 2:36          | 20.50          | 1:00:02                 | 2:55                        | 4 | 2:46 | 68 | 14:24 |
| Rad Netto      | 20.00       | 43:38          | 2:10            | 1                       | 32:19                       | 1          | 33:33         | 20.50          | 1:00:02                 | 2:55                        | 4 | 2:46 | 68 | 14:24 |
| Wechsel R -> L | -           | 1:14           | -               | 2                       | 0:28                        | 59         | 0:39          | 20.50          | 1:01:16                 | 2:59                        | 4 | 2:45 | 68 | 14:49 |
| Rad Kopā       | 20.00       | 44:52          | 2:14            | 4                       | 3:59                        | 67         | 9:33          | 20.50          | 1:01:16                 | 2:59                        | 4 | 2:45 | 68 | 14:49 |
| Kontrolle Lauf | 2.40        | 14:52          | 6:11            | 3                       | 1:26                        | 67         | 4:57          | 22.90          | 1:16:08                 | 3:19                        | 4 | 4:11 | 70 | 18:51 |
| Lauf Ziel      | 2.60        | 15:49          | 6:04            | 4                       | 1:48                        | 67         | 5:14          | 25.50          | 1:31:57                 | 3:36                        | 4 | 5:59 | 71 | 23:21 |
| Lauf Kopā      | 5.00        | 30:41          | 6:08            | 4                       | 3:14                        | 67         | 9:59          | 25.50          | 1:31:57                 | 3:36                        | 4 | 5:59 | 71 | 23:21 |