



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Gernegroß, Nadine

Total time: 1:27:31

Club: Team Freetime

Number: 86

Course: 25.50 km

Rank in course/Total: 260 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 57 (of 82)

Best time in course: 1:04:29

Category:

Rank in category: 8(of 12)

weibl. AK 2 (TW 25-29)

Best time in the category: 1:12:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Schwimmen	0.50	11:08	2.69	3	0:10	16	3:23	0.50	11:08	2.69	2	0:10	53		
Rad	20.00	46:03	26.06	2	0:58	24	8:14	20.50	57:11	21.51	1	-	51		
Lauf	5.00	30:20	9.89	4	3:42	38	7:48	25.50	1:27:31	17.48	8	14:51	57	23:02	