



# 6. Lorsch Triathlon

Lorsch / 02.08.2009

## Detailed evaluation

**Best, Nadine**

Club: VC Frankfurt

Number: 64

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

weibl. AK 3 (TW 30-34)

Total time: 1:27:36

Rank in course/Total: 263 (of 322)

Rank in course/Women: 58 (of 82)

Best time in course: 1:04:29

Rank in category: 9(of 11)

Best time in the category: 1:10:27

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	11:46	0.00	5	3:19	27	4:01	0.50	11:46	0.00	8	0:27	53	0:18
Rad	20.00	44:59	26.68	3	2:37	19	7:10	20.50	56:45	21.15	8		51	
Lauf	5.00	30:51	9.72	6	7:11	41	8:19	25.50	1:27:36	17.12	9	17:09	58	23:07