



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Lannert, Nadja

Total time: 1:13:09

Club: Lorsch

Number: 70

Course: 25.50 km

Rank in course/Total: 85 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 5 (of 74)

Best time in course: 1:03:24

Category:

Rank in category: 1(of 12)

weibl. AK 3 (TW 30-34)

Best time in the category: 1:13:09

Intermediate times

Stage score

Total ranking

Control	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	11:23	0.00	4	0:42	27	4:20	0.50	11:23	0.00	1	-	75	2:53
Schwimmen Total	0.50	11:23												
Rad	20.00	40:30	29.63	1	-	8	4:35	20.50	51:53	23.13	1	-	75	7:28
Rad Total	20.00	40:30												
Lauf	5.00	21:16	14.11	1	-	3	2:24	25.50	1:13:09	20.51	1	-	5	9:45
Lauf Total	25.00	1:13:09												