



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Nolte, Christina**

**Total time: 1:18:35**

Club: Heppenheim

Number: 371

Course: 25.75 km

Rank in course/Total: 156 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 18 (of 56)

Best time in course: 1:04:35

Category:

Rank in category: 4(of 11)

weibl. AK 3 (TW 30-34)

Best time in the category: 1:12:15

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking					
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Schwimmen	0.50	12:03	24:06	8	4:04	36	5:07	0.50	12:03	24:06	12	2:53	57
Schwimmen Total	0.50	12:03											
Wechsel Schw.-R	0.25	2:55	11:39	9	0:54	30	1:15	0.75	14:58	19:57	12	3:45	57
Rad	20.00	37:54	1:53	3	0:23	10	4:06	20.75	52:52	2:32	12	4:08	57
Rad Total	20.25	40:49											
Laufrunde 2,5 km	2.50	12:47	5:06	5	1:41	20	2:37	23.25	1:05:39	2:49	12	5:18	48
Lauf	2.50	12:56	5:10	5	1:17	22	2:45	25.75	1:18:35	3:03	4	6:20	18
Lauf Total	25.25	1:18:35											