



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Forell, Nicol

Total time: 1:32:52

Club: Einhausen

Number: 80

Course: 25.75 km

Rank in course/Total: 274 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 49 (of 56)

Best time in course: 1:04:35

Category:

Rank in category: 5(of 7)

Seniorinnen 1 (TW 40-44)

Best time in the category: 1:13:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	13:13	26:26	5	3:57	49	6:17	0.50	13:13	26:26	4	3:57	10	
Schwimmen Total	0.50	13:13												
Wechsel Schw.-R	0.25	3:01	12:03	4	0:46	39	1:21	0.75	16:14	21:38	4	4:43	10	
Rad	20.00	44:18	2:12	5	5:41	42	10:30	20.75	1:00:32	2:55	4	10:24	10	
Rad Total	20.25	47:19												
Laufrunde 2,5 km	2.50	16:52	6:44	7	5:17	56	6:42	23.25	1:17:24	3:19	4	15:41	10	
Lauf	2.50	15:28	6:11	4	3:25	47	5:17	25.75	1:32:52	3:36	5	19:06	49	28:17
Lauf Total	25.25	1:32:52												