



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Thomas, Nadine

Total time: 1:14:25

Club: Tricon Wörth

Number: 292

Course: 25.75 km

Rank in course/Total: 132 (of 322)

Lorsche Triathlon 0,5-20,0-5,0

Rank in course/Women: 13 (of 62)

Best time in course: 1:01:23

Category:

Rank in category: 3(of 8)

weibl. AK 3 (TW 30-34)

Best time in the category: 1:11:41

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	8:48	3.41	1	-	4	2:14	0.50	8:48	3.41	9			62
Wechsel Schwim	0.20	2:08	5.63	3	0:13	14	0:41	0.70	10:56	3.84	9			62
Schwimmen Total	0.70	10:56	3.84	9		62		0.70	10:56	3.84	9			62
Rad	20.00	37:03	32.39	2	0:41	10	4:45	20.70	47:59	25.88	9			62
Wechsel Rad-Lauf	0.05	0:55	3.27	3	0:04	12	0:22	20.75	48:54	25.46	9			62
Rad Total	20.05	37:58	31.69	3	0:35	11	5:07	20.75	48:54	25.46	9			62
Lauf	5.00	25:31	11.76	4	3:44	27	5:50	25.75	1:14:25	20.76	3	2:44	13	13:02