



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Forell, Nicole

Total time: 1:21:45

Number: 69

Course: 25.75 km

Rank in course/Total: 224 (of 322)

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

Rank in course/Women: 31 (of 62)

Best time in course: 1:01:23

Category:

Rank in category: 2(of 6)

Seniorinnen 1 (TW 40-44)

Best time in the category: 1:18:01

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	11:33	2.60	2	0:47	33	4:59	0.50	11:33	2.60	2	0:47	62	1:57
Wechsel Schwim	0.20	2:02	5.90	1	-	8	0:35	0.70	13:35	3.09	2	0:15	62	1:52
Schwimmen Total	0.70	13:35	3.09	2	0:15	62	1:52	0.70	13:35	3.09	2	0:15	62	1:52
Rad	20.00	39:25	30.44	2	1:30	29	7:07	20.70	53:00	23.43	2	1:45	62	2:35
Wechsel Rad-Lau	0.05	1:27	2.07	4	0:29	50	0:54	20.75	54:27	22.87	2	2:14	62	2:56
Rad Total	20.05	40:52	29.44	2	1:59	33	8:01	20.75	54:27	22.87	2	2:14	62	2:56
Lauf	5.00	27:18	10.99	2	1:30	38	7:37	25.75	1:21:45	18.90	2	3:44	32	20:22