



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Presoli, Nicole

Total time: 1:31:57

Club: Let's Tri-IT (Tria-Gruppe Andreas Nickel)

Number: 234

Course: 25.50 km

Rank in course/Total: 302 (of 340)

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

Rank in course/Women: 68 (of 89)

Best time in course: 1:03:53

Category:

Rank in category: 15(of 20)

Seniorinnen 2 TW 45)

Best time in the category: 1:10:00

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 nett	0.50	11:37	2.58	11	2:45	36	4:51	0.50	11:37	2.58	21	2:45	90	4:51
Wechsel S -> R	-	3:59	-	19	1:58	83	2:29	0.50	15:36	1.92	21	4:24	90	7:20
Schwimmen Total	0.50	15:36	1.92	21	4:24	90	7:20	0.50	15:36	1.92	21	4:24	90	7:20
Rad netto	20.00	41:13	29.11	13	5:27	43	12:54	20.50	56:49	21.65	21	9:25	90	12:46
Wechsel R -> L	-	0:58	-	8	0:15	37	0:28	20.50	57:47	21.29	21	9:35	90	13:14
Rad Total	20.00	42:11	28.45	13	5:37	43	12:32	20.50	57:47	21.29	21	9:35	90	13:14
Lauf	5.00	34:10	8.78	17	14:50	83	14:50	25.50	1:31:57	16.64	16	21:57	70	28:04