



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Lehmann, Nina

Total time: 1:24:17

Club: TV Lampertheim Triathlon

Number: 370

Course: 25.50 km

Rank in course/Total: 230 (of 336)

Lorsch Triathlon 0,5-20,0-5,0

Rank in course/Women: 50 (of 96)

Best time in course: 1:04:25

Category:

Rank in category: 9(of 14)

weibliche AK 3 (TW 30)

Best time in the category: 1:09:38

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 nett	0.50	10:27	20:53	5	2:08	20	2:08	0.50	10:27	20:53	15	2:08	20	2:08
Wechsel S -> R	-	2:58	-	8	1:11	56	2:18	0.50	13:25	26:49	15	3:19	97	3:19
Schwimmen Total	0.50	13:25	26:49	15	3:19	97	3:19	0.50	13:25	26:49	15	3:19	97	3:19
Rad netto	20.00	40:39	2:01	6	6:35	43	7:46	20.50	54:04	2:38	15	7:21	97	10:46
Wechsel R -> L	-	1:03	-	7	0:26	45	0:34	20.50	55:07	2:41	15	7:35	97	11:14
Rad Total	20.00	41:42	2:05	6	6:49	43	8:14	20.50	55:07	2:41	15	7:35	97	11:14
Lauf	5.00	29:10	5:50	11	14:47	68	14:47	25.50	1:24:17	3:18	9	14:39	50	19:52