



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Nepputh, Nicole

Total time: 1:20:23

Club: Team Body Attack

Number: 148

Course: 25.50 km

Rank in course/Total: 212 (of 353)

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

Rank in course/Women: 31 (of 84)

Best time in course: 1:08:36

Category:

Rank in category: 5(of 17)

Seniorinnen 1 (TW 40)

Best time in the category: 1:10:03

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	10:33	21:06	4	0:55	19	1:21	0.50	10:33	21:06	18	0:55	85	1:21
Wechsel S -> R	-	2:32	-	5	0:24	25	0:53	0.50	13:05	26:10	18	1:18	85	1:57
Schwimmen Total	0.50	13:05	26:10	18	1:18	85	1:57	0.50	13:05	26:10	18	1:18	85	1:57
Kontrolle Rad	6.00	11:46	1:57	3	0:52	9	0:57	6.50	24:51	3:49	18	1:50	85	2:54
Kontrolle Rad	8.00	14:06	1:45	2	0:34	5	0:34	14.50	38:57	2:41	18	2:24	84	3:27
Rad Ziel	6.00	10:32	1:45	2	0:27	8	0:27	20.50	49:29	2:24	18	2:51	85	3:51
Rad Net	20.00	36:24	1:49	1	26:19	1	26:19	20.50	49:29	2:24	18	2:51	85	3:51
Wechsel R -> L	-	1:20	-	14	0:39	66	0:45	20.50	50:49	2:28	18	3:23	85	4:22
Rad Total	20.00	37:44	1:53	2	2:25	9	2:25	20.50	50:49	2:28	18	3:23	85	4:22
Kontrolle Lauf	2.40	14:38	6:05	14	3:28	64	4:43	22.90	1:05:27	2:51	18	6:51	85	8:10
Lauf Ziel	2.60	14:56	5:44	12	3:29	59	4:21	25.50	1:20:23	3:09	5	10:20	31	11:47
Lauf Total	5.00	29:34	5:54	13	6:57	62	8:52	25.50	1:20:23	3:09	5	10:20	31	11:47