



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Nicole Nepputh

Total time: 1:23:26

Club: Team Body Attack

Number: 114

Course: 25.50 km

Rank in course/Total: 169 (of 279)

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

Rank in course/Women: 28 (of 69)

Best time in course: 1:06:39

Category:

Rank in category: 2(of 13)

Seniorinnen 2 (TW 45)

Best time in the category: 1:22:55

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	11:06	22:11	2	1:21	18	3:20	0.50	11:06	22:11	14	1:21	18	3:20
Wechsel S -> R	-	2:42	-	3	0:13	26	1:00	0.50	13:48	27:36	14	1:34	20	3:52
Schwimmen Total	0.50	13:48	27:36	14	1:34	20	3:52	0.50	13:48	27:36	14	1:34	20	3:52
Rad netto	20.00	38:12	1:54	2	0:24	12	3:05	20.50	52:00	2:32	14	0:13	70	6:36
Wechsel R -> L	-	1:14	-	2	0:06	42	0:36	20.50	53:14	2:35	14	0:19	70	6:52
Rad Total	20.00	39:26	1:58	2	0:06	14	3:21	20.50	53:14	2:35	14	0:19	70	6:52
Lauf Ziel	5.00	30:12	6:02	10	9:05	50	9:55	25.50	1:23:26	3:16	2	0:31	28	16:47