



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Nicola Sawinski

Club: LSV Ladenburg

Number: 214

Course: 25.50 km

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

Category:

weibliche AK 2 (TW 25)

Total time: 1:14:55

Rank in course/Total: 74 (of 279)

Rank in course/Women: 7 (of 69)

Best time in course: 1:06:39

Rank in category: 2(of 9)

Best time in the category: 1:12:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.50	9:34	19:07	3	1:48	10	1:48	0.50	9:34	19:07	10	1:48	70	1:48
Wechsel S -> R	-	1:50	-	1	-	3	0:08	0.50	11:24	22:48	10	1:28	70	1:28
Schwimmen Total	0.50	11:24	22:48	10	1:28	70	1:28	0.50	11:24	22:48	10	1:28	70	1:28
Rad netto	20.00	38:33	1:55	3	1:46	14	3:26	20.50	49:57	2:26	10	2:17	70	4:33
Wechsel R -> L	-	0:47	-	2	0:08	9	0:09	20.50	50:44	2:28	10	1:23	70	4:22
Rad Total	20.00	39:20	1:58	2	1:46	11	3:15	20.50	50:44	2:28	10	1:23	70	4:22
Lauf Ziel	5.00	24:11	4:50	2	1:26	10	3:54	25.50	1:14:55	2:56	2	2:23	7	8:16