



# 18 Lorsche Triathlon

Lorsch / 13.08.2023

## Detailed evaluation

Nele Langer

Total time: 1:18:30

Number: 377

Course: 25.50 km

Rank in course/Total: 151 (of 343)

Lorsch Triathlon 0,5-20,5,0

Rank in course/Women: 19 (of 81)

Best time in course: 1:05:08

Category:

Rank in category: 2(of 7)

weibliche AK 1 (TW 20)

Best time in the category: 1:17:38

### 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     | 9:33       | 19:06        | 1        | -           | 7           | 6:33         | 0.50          | 9:33       | 19:06        | 1        | -           | 82        | 6:33         |
| Wechsel S -> R  | -        | 2:18       | -            | 1        | -           | 14          | 2:18         | 0.50          | 11:51      | 23:41        | 1        | -           | 82        | 11:26        |
| Schwimmen Total | 0.50     | 11:51      | 23:41        | 1        | -           | 82          | 11:26        | 0.50          | 11:51      | 23:41        | 1        | -           | 82        | 11:26        |
| Rad netto       | 20.00    | 38:52      | 1:56         | 2        | 0:20        | 20          | 4:51         | 20.50         | 50:43      | 2:28         | 1        | -           | 82        | 9:58         |
| Wechsel R -> L  | -        | 0:54       | -            | 5        | 0:19        | 21          | 0:21         | 20.50         | 51:37      | 2:31         | 1        | -           | 13        | 8:59         |
| Rad Total       | 20.00    | 39:46      | 1:59         | 2        | 0:21        | 19          | 4:47         | 20.50         | 51:37      | 2:31         | 1        | -           | 13        | 8:59         |
| Lauf Ziel       | 5.00     | 26:53      | 5:22         | 4        | 26:53       | 36          | 26:53        | 25.50         | 1:18:30    | 3:04         | 2        | 0:52        | 19        | 13:22        |