



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

**Nadja Lannert**

**Total time: 1:11:20**

Club: SSG Bensheim Triathlon

Number: 18

Course: 25.50 km

Rank in course/Total: 61 (of 354)

Lorsch Triathlon

Rank in course/Women: 6 (of 100)

Best time in course: 1:02:58

Category:

Rank in category: 2(of 12)

Seniorinnen 2 (TW 45)

Best time in the category: 1:05:09

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	8:59	17:57	2	0:10	10	1:57	0.50	8:59	17:57	13	0:10	101	1:57
Wechsel S -> R	-	1:53	-	2	0:22	6	0:22	0.50	10:52	21:44	13	0:32	101	1:29
Schwimmen Total	0.50	10:52	21:44	13	0:32	101	1:29	0.50	10:52	21:44	13	0:32	101	1:29
Rad netto	20.00	36:35	1:49	2	1:54	9	33:46	20.50	47:27	2:18	13	2:26	101	32:54
Wechsel R -> L	-	0:48	-	2	0:02	16	0:14	20.50	48:15	2:21	13	2:12	101	4:00
Rad Total	20.00	37:23	1:52	2	1:40	6	2:31	20.50	48:15	2:21	13	2:12	101	4:00
Lauf Ziel	5.00	23:05	4:36	3	3:59	15	7:35	25.50	1:11:20	2:47	2	6:11	6	8:22