



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Nicole Nepputh

Total time: 1:21:40

Number: 117

Course: 25.50 km  
Lorsch Triathlon

Rank in course/Total: 201 (of 354)

Rank in course/Women: 34 (of 100)

Best time in course: 1:02:58

Category:

Rank in category: 8(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	10:25	20:49	5	1:36	22	3:23	0.50	10:25	20:49	13	1:36	101	3:23
Wechsel S -> R	-	2:34	-	4	1:03	27	1:03	0.50	12:59	25:57	13	2:39	101	3:36
Schwimmen Total	0.50	12:59	25:57	13	2:39	101	3:36	0.50	12:59	25:57	13	2:39	101	3:36
Rad netto	20.00	37:17	1:51	3	2:36	12	34:28	20.50	50:16	2:27	13	5:15	101	35:43
Wechsel R -> L	-	1:16	-	6	0:30	56	0:42	20.50	51:32	2:30	13	5:29	101	7:17
Rad Total	20.00	38:33	1:55	3	2:50	13	3:41	20.50	51:32	2:30	13	5:29	101	7:17
Lauf Ziel	5.00	30:08	6:01	11	11:02	84	14:38	25.50	1:21:40	3:12	8	16:31	34	18:42