



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Nadja Essing

Total time: 1:25:55

Number: 141

Course: 25.50 km  
Lorsch Triathlon

Rank in course/Total: 255 (of 354)

Rank in course/Women: 55 (of 100)

Best time in course: 1:02:58

Category:

weibliche AK 1 (TW 20)

Rank in category: 5(of 8)

Best time in the category: 1:13:56

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	13:09	26:18	7	5:33	82	6:07	0.50	13:09	26:18	9	5:33	101	6:07
Wechsel S -> R	-	4:05	-	7	1:55	81	2:34	0.50	17:14	34:28	9	6:17	101	7:51
Schwimmen Total	0.50	17:14	34:28	9	6:17	101	7:51	0.50	17:14	34:28	9	6:17	101	7:51
Rad netto	20.00	40:45	2:02	3	2:02	45	37:56	20.50	57:59	2:49	9	8:18	101	43:26
Wechsel R -> L	-	0:59	-	3	0:15	34	0:25	20.50	58:58	2:52	9	8:16	56	14:43
Rad Total	20.00	41:44	2:05	3	2:00	41	6:52	20.50	58:58	2:52	9	8:16	56	14:43
Lauf Ziel	5.00	26:57	5:23	6	3:43	56	11:27	25.50	1:25:55	3:22	5	11:59	55	22:57