



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Ines Nold

Total time: 1:32:00

Number: 68

Course: 25.50 km
Lorsch Triathlon

Rank in course/Total: 306 (of 354)

Rank in course/Women: 80 (of 100)

Best time in course: 1:02:58

Category:

weibliche AK 2 (TW 25)

Rank in category: 17(of 22)

Best time in the category: 1:09:22

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	15:23	30:45	22	7:36	98	8:21	0.50	15:23	30:45	23	7:36	101	8:21
Wechsel S -> R	-	3:36	-	17	1:36	71	2:05	0.50	18:59	37:58	23	9:11	92	9:36
Schwimmen Total	0.50	18:59	37:58	23	9:11	92	9:36	0.50	18:59	37:58	23	9:11	92	9:36
Rad netto	20.00	47:13	2:21	19	11:45	89	44:24	20.50	1:06:12	3:13	23	20:19	92	51:39
Wechsel R -> L	-	0:50	-	7	0:09	25	0:16	20.50	1:07:02	3:16	23	20:21	90	22:47
Rad Total	20.00	48:03	2:24	18	11:47	85	13:11	20.50	1:07:02	3:16	23	20:21	90	22:47
Lauf Ziel	5.00	24:58	4:59	7	3:16	28	9:28	25.50	1:32:00	3:36	17	22:38	80	29:02