



# 10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Fuchs, Elvira

000: 1:35:08

00: 148

00: 25.75 km

Lorsch Triathlon 0,5-20,0-5,0

0000:

Seniorinnen 4 (TW 55-59)

00000/000: 305 (of 322)

00000/0: 57 (of 62)

000000: 1:01:23

00000: 3(of 3)

0000000: 1:28:08

0000

0000

000

| 000             | 00    | 00    | 00    | 00 | 00   | 00 | 00    | 000   | 000     | 000   | 00 | 00   | 00 | 00    |
|-----------------|-------|-------|-------|----|------|----|-------|-------|---------|-------|----|------|----|-------|
|                 | km    | 00    | km/h  | -  | -    | 0  | 0     | km    | 00      | km/h  | -  | -    | 0  | 0     |
| Schwimmen       | 0.50  | 13:29 | 2.22  | 1  | -    | 52 | 6:55  | 0.50  | 13:29   | 2.22  | 4  |      | 18 | 3:53  |
| Wechsel Schwim  | 0.20  | 3:59  | 3.01  | 3  | 0:32 | 58 | 2:32  | 0.70  | 17:28   | 2.40  | 4  |      | 18 | 5:45  |
| Schwimmen 000   | 0.70  | 17:28 | 2.40  | 4  |      | 18 | 5:45  | 0.70  | 17:28   | 2.40  | 4  |      | 18 | 5:45  |
| Rad             | 20.00 | 44:35 | 26.92 | 2  | 1:35 | 52 | 12:17 | 20.70 | 1:02:03 | 20.02 | 4  | 0:14 | 18 | 11:38 |
| Wechsel Rad-Lau | 0.05  | 2:20  | 1.29  | 3  | 1:21 | 60 | 1:47  | 20.75 | 1:04:23 | 19.34 | 4  | 1:35 | 18 | 12:52 |
| Rad 000         | 20.05 | 46:55 | 25.64 | 2  | 2:56 | 53 | 14:04 | 20.75 | 1:04:23 | 19.34 | 4  | 1:35 | 18 | 12:52 |
| Lauf            | 5.00  | 30:45 | 9.76  | 3  | 5:25 | 53 | 11:04 | 25.75 | 1:35:08 | 16.24 | 3  | 7:00 | 58 | 33:45 |