



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Jauch, Amelie

000: 1:23:04

00: 331

00: 25.75 km

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

0000:

weibl. AK 1 (TW 20-24)

00000/000: 234 (of 322)

00000/0: 34 (of 62)

000000: 1:01:23

00000: 3(of 5)

0000000: 1:01:23

0000

0000

000

000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen	0.50	12:56	2.32	5	6:22	47	6:22	0.50	12:56	2.32	6	6:22	62	3:20
Wechsel Schwim	0.20	3:16	3.67	3	1:43	45	1:49	0.70	16:12	2.59	6	8:05	62	4:29
Schwimmen 000	0.70	16:12	2.59	6	8:05	62	4:29	0.70	16:12	2.59	6	8:05	62	4:29
Rad	20.00	40:25	29.69	4	8:07	36	8:07	20.70	56:37	21.94	6	16:12	62	6:12
Wechsel Rad-Lat	0.05	1:07	2.69	5	0:34	32	0:34	20.75	57:44	21.56	6	16:46	62	6:13
Rad 000	20.05	41:32	28.96	4	8:41	37	8:41	20.75	57:44	21.56	6	16:46	62	6:13
Lauf	5.00	25:20	11.84	3	4:55	25	5:39	25.75	1:23:04	18.60	3	21:41	35	21:41