



10. Lorsch Triathlon

Lorsch / 11.08.2013

Reiner, Sabine

Reiner, Sabine

1:41:33

289

25.75 km

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

313 (of 322)

60 (of 62)

1:01:23

6 (of 6)

1:18:01

Seniorinnen 1 (TW 40-44)

Reiner, Sabine

Reiner, Sabine

Reiner, Sabine

Sportart	km	km/h	-	-	km	km	km	km	km/h	-	-	km	km	
	km	km/h	-	-	km	km	km	km	km/h	-	-	km	km	
Schwimmen	0.50	15:37	1.92	6	4:51	61	9:03	0.50	15:37	1.92	7	4:51	62	6:01
Wechsel Schwim	0.20	2:51	4.21	3	0:49	38	1:24	0.70	18:28	2.27	7	5:08	62	6:45
Schwimmen 0.70	18:28	2.27	7	5:08	62	6:45	0.70	18:28	2.27	7	5:08	62	6:45	
Rad	20.00	50:01	23.99	6	12:06	61	17:43	20.70	1:08:29	18.14	7	17:14	62	18:04
Wechsel Rad-Lau	0.05	1:07	2.69	2	0:09	32	0:34	20.75	1:09:36	17.89	7	17:23	62	18:05
Rad 20.05	51:08	23.53	6	12:15	61	18:17	20.75	1:09:36	17.89	7	17:23	62	18:05	
Lauf	5.00	31:57	9.39	6	6:09	56	12:16	25.75	1:41:33	15.21	6	23:32	61	40:10