



10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Brodhacker, Ursula

000: 1:33:00

00: LLG Wonnegau

00: 62

00: 25.75 km

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

00000/000: 296 (of 322)

00000/0: 54 (of 62)

000000: 1:01:23

0000:

00000: 8(of 9)

Seniorinnen 3 (TW 50-54)

0000000: 1:15:51

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	14:05	2.13	7	3:52	53	7:31	0.50	14:05	2.13	7	3:06	62	4:29
Wechsel Schwim	0.20	3:49	3.14	8	1:30	54	2:22	0.70	17:54	2.35	7	4:31	62	6:11
Schwimmen 000	0.70	17:54	2.35	7	4:31	62	6:11	0.70	17:54	2.35	7	4:31	62	6:11
Rad	20.00	46:29	25.82	9	7:46	55	14:11	20.70	1:04:23	19.29	7	12:17	62	13:58
Wechsel Rad-Lau	0.05	1:13	2.47	4	0:14	38	0:40	20.75	1:05:36	18.98	7	12:15	62	14:05
Rad 000	20.05	47:42	25.22	9	7:44	55	14:51	20.75	1:05:36	18.98	7	12:15	62	14:05
Lauf	5.00	27:24	10.95	7	4:54	41	7:43	25.75	1:33:00	16.61	8	17:09	55	31:37