



11. Triathlon Lorsch

Lorsch / 10.08.2014

Engelhardt, Petra

Engelhardt, Petra

1:40:52

93

25.50 km

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

weibliche AK 4 (TW 35)

290 (of 313)

75 (of 82)

1:06:42

7(of 8)

1:21:48

Engelhardt, Petra

Engelhardt, Petra

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Engelhardt, Petra	km	km/h	-	-	km	km/h	-	-	km	km/h	-	-	km	km/h
Schwimmen nett	0.50	12:45	2.35	6	3:34	55	6:00	0.50	12:45	2.35	7	3:34	83	
Wechsel S->R	-	3:49	-	8	1:44	70	2:19	0.50	16:34	1.81	7	5:18	83	
Schwimmen	0.50	16:34	1.81	7	5:18	83		0.50	16:34	1.81	7	5:18	83	
ZZ Rad	5.75	9:36	35.94	6	1:11	62	2:16	6.25	26:10	14.33	7	6:22	83	
ZZ Rad	4.25	13:23	19.05	5	1:58	65	3:20	10.50	39:33	15.93	7	8:05	83	
ZZ Rad	4.25	13:18	19.17	5	2:06	62	3:15	14.75	52:51	16.75	7	9:33	83	
Rad Ziel	5.75	10:40	32.34	5	1:29	64	2:42	20.50	1:03:31	19.36	7	11:02	83	
Rad	20.00	46:57	25.56	5	6:37	64	11:33	20.50	1:03:31	19.36	7	11:02	83	
Wechsel R->L	-	1:33	-	7	0:41	63	0:58	20.50	1:05:04	18.90	7	11:39	83	0:20
Rad	20.00	48:30	24.74	6	7:00	65	12:25	20.50	1:05:04	18.90	7	11:39	83	0:20
ZZ Lauf	2.50	17:36	8.52	7	3:56	79	8:43	23.00	1:22:40	16.69	7	15:24	83	5:08
Lauf Ziel	2.50	18:12	8.24	7	4:06	78	8:57	25.50	1:40:52	15.17	7	19:04	75	34:10
Lauf	5.00	35:48	8.38	7	8:02	79	17:40	25.50	1:40:52	15.17	7	19:04	75	34:10