



11. Triathlon Lorsch

Lorsch / 10.08.2014

Wiesmair, Stefanie

Wiesmair, Stefanie

1:10:40

171

25.50 km

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

38 (of 313)

3 (of 82)

1:06:42

1 (of 13)

1:10:40

weibliche AK 3 (TW 30)

Wiesmair, Stefanie

Wiesmair, Stefanie

Wiesmair, Stefanie

Wiesmair, Stefanie	km	Wiesmair, Stefanie	km/h	-	-	Wiesmair, Stefanie	Wiesmair, Stefanie	Wiesmair, Stefanie	Wiesmair, Stefanie	Wiesmair, Stefanie	Wiesmair, Stefanie	Wiesmair, Stefanie	Wiesmair, Stefanie
Schwimmen nett	0.50	11:50	2.54	13	1:49	35	5:05	0.50	11:50	2.54	14	1:17	17
Wechsel S->R	-	1:57	-	4	0:14	7	0:27	0.50	13:47	2.18	14	1:21	17
Schwimmen	0.50	13:47	2.18	14	1:21	17		0.50	13:47	2.18	14	1:21	17
ZZ Rad	5.75	7:42	44.81	1	-	2	0:22	6.25	21:29	17.46	14	1:18	17
ZZ Rad	4.25	10:47	23.65	2	0:05	4	0:44	10.50	32:16	19.52	14	1:23	17
ZZ Rad	4.25	10:45	23.72	2	0:08	4	0:42	14.75	43:01	20.57	14	1:31	17
Rad Ziel	5.75	8:22	41.24	1	-	2	0:24	20.50	51:23	23.94	14	1:25	17
Rad	20.00	37:36	31.91	2	0:04	3	2:12	20.50	51:23	23.94	14	1:25	17
Wechsel R->L	-	1:09	-	8	0:34	34	0:34	20.50	52:32	23.41	14	1:06	17
Rad	20.00	38:45	30.97	1	-	2	2:40	20.50	52:32	23.41	14	1:06	17
ZZ Lauf	2.50	8:53	16.89	1	-	1	-	23.00	1:01:25	22.47	14		17
Lauf Ziel	2.50	9:15	16.22	1	-	1	-	25.50	1:10:40	21.65	1	-	3 3:58
Lauf	5.00	18:08	16.54	1	-	1	-	25.50	1:10:40	21.65	1	-	3 3:58