



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

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Fuchs, Eva-Maria

000: 1:29:55

00: SV Seitzenhahn

00: 190

00: 25.50 km

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

00000/000: 234 (of 313)

00000/0: 46 (of 82)

000000: 1:06:42

0000:

00000: 1(of 3)

Seniorinnen 4 (TW 55)

0000000: 1:29:55

0000

0000

000

| 000            | 00<br>km | 00<br>00 | 00<br>km/h | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>00 | 000<br>km/h | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|----------------|----------|----------|------------|---------|---------|---------|---------|-------|-----------|-------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 11:09    | 2.69       | 1       | -       | 20      | 4:24    | 0.50  | 11:09     | 2.69        | 1       | -       | 13      |         |
| Wechsel S->R   | -        | 3:38     | -          | 2       | 0:27    | 63      | 2:08    | 0.50  | 14:47     | 2.03        | 1       | -       | 13      |         |
| Schwimmen 000  | 0.50     | 14:47    | 2.03       | 1       | -       | 13      |         | 0.50  | 14:47     | 2.03        | 1       | -       | 13      |         |
| ZZ Rad         | 5.75     | 8:54     | 38.76      | 1       | -       | 37      | 1:34    | 6.25  | 23:41     | 15.83       | 1       | -       | 13      |         |
| ZZ Rad         | 4.25     | 12:14    | 20.84      | 1       | -       | 36      | 2:11    | 10.50 | 35:55     | 17.54       | 1       | -       | 13      |         |
| ZZ Rad         | 4.25     | 12:15    | 20.82      | 1       | -       | 37      | 2:12    | 14.75 | 48:10     | 18.37       | 1       | -       | 13      |         |
| Rad Ziel       | 5.75     | 10:14    | 33.71      | 2       | 0:01    | 48      | 2:16    | 20.50 | 58:24     | 21.06       | 1       | -       | 13      |         |
| Rad 0          | 20.00    | 43:37    | 27.51      | 1       | -       | 41      | 8:13    | 20.50 | 58:24     | 21.06       | 1       | -       | 13      |         |
| Wechsel R->L   | -        | 5:21     | -          | 3       | 4:20    | 82      | 4:46    | 20.50 | 1:03:45   | 19.29       | 1       | -       | 13      |         |
| Rad 000        | 20.00    | 48:58    | 24.51      | 3       | 2:32    | 67      | 12:53   | 20.50 | 1:03:45   | 19.29       | 1       | -       | 13      |         |
| ZZ Lauf        | 2.50     | 12:45    | 11.76      | 1       | -       | 34      | 3:52    | 23.00 | 1:16:30   | 18.04       | 1       | -       | 13      |         |
| Lauf Ziel      | 2.50     | 13:25    | 11.18      | 1       | -       | 34      | 4:10    | 25.50 | 1:29:55   | 17.02       | 1       | -       | 46      | 23:13   |
| Lauf 000       | 5.00     | 26:10    | 11.46      | 1       | -       | 34      | 8:02    | 25.50 | 1:29:55   | 17.02       | 1       | -       | 46      | 23:13   |