



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Brooks, Jaqueline

000: 1:18:33

00: LT Lorsch

00: 249

00: 25.50 km

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

0000:

Seniorinnen 2 TW 45)

00000/000: 120 (of 313)

00000/0: 13 (of 82)

000000: 1:06:42

00000: 1(of 15)

0000000: 1:18:33

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     | 8:46     | 3.42       | 1       | -       | 5       | 2:01    | 0.50  | 8:46      | 3.42        | 16      |         | 83      |         |
| Wechsel S->R   | -        | 2:20     | -          | 3       | 0:12    | 21      | 0:50    | 0.50  | 11:06     | 2.70        | 16      |         | 83      |         |
| Schwimmen 000  | 0.50     | 11:06    | 2.70       | 16      |         | 83      |         | 0.50  | 11:06     | 2.70        | 16      |         | 83      |         |
| ZZ Rad         | 5.75     | 8:25     | 40.99      | 4       | 0:22    | 18      | 1:05    | 6.25  | 19:31     | 19.21       | 16      |         | 83      |         |
| ZZ Rad         | 4.25     | 11:37    | 21.95      | 4       | 0:44    | 19      | 1:34    | 10.50 | 31:08     | 20.24       | 16      |         | 83      |         |
| ZZ Rad         | 4.25     | 12:01    | 21.22      | 5       | 0:44    | 29      | 1:58    | 14.75 | 43:09     | 20.51       | 16      |         | 83      |         |
| Rad Ziel       | 5.75     | 9:38     | 35.81      | 4       | 0:47    | 31      | 1:40    | 20.50 | 52:47     | 23.30       | 16      |         | 83      |         |
| Rad 0          | 20.00    | 41:41    | 28.79      | 4       | 2:37    | 26      | 6:17    | 20.50 | 52:47     | 23.30       | 16      |         | 83      |         |
| Wechsel R->L   | -        | 1:19     | -          | 10      | 0:29    | 49      | 0:44    | 20.50 | 54:06     | 22.74       | 16      |         | 83      |         |
| Rad 000        | 20.00    | 43:00    | 27.91      | 4       | 2:45    | 27      | 6:55    | 20.50 | 54:06     | 22.74       | 16      |         | 83      |         |
| ZZ Lauf        | 2.50     | 11:56    | 12.57      | 2       | 0:05    | 18      | 3:03    | 23.00 | 1:06:02   | 20.90       | 16      |         | 83      |         |
| Lauf Ziel      | 2.50     | 12:31    | 11.98      | 3       | 1:51    | 17      | 3:16    | 25.50 | 1:18:33   | 19.48       | 1       | -       | 13      | 11:51   |
| Lauf 000       | 5.00     | 24:27    | 12.27      | 3       | 1:29    | 19      | 6:19    | 25.50 | 1:18:33   | 19.48       | 1       | -       | 13      | 11:51   |