



11. Triathlon Lorsch

Lorsch / 10.08.2014

Stiepani, Ursula

Stiepani, Ursula

1:31:15

288

25.50 km

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

243 (of 313)

51 (of 82)

1:06:42

Seniorinnen 3 (TW 50)

9(of 13)

1:16:20

Stiepani, Ursula

1:31:15

288

Stiepani, Ursula	km	km/h	-	-	km	km/h	-	-	km	km/h	-	-	km	km/h
Schwimmen nett	0.50	12:43	2.36	8	1:06	54	5:58	0.50	12:43	2.36	14	0:48	83	
Wechsel S->R	-	2:34	-	4	0:37	32	1:04	0.50	15:17	1.96	14	0:37	83	
Schwimmen	0.50	15:17	1.96	14	0:37	83		0.50	15:17	1.96	14	0:37	83	
ZZ Rad	5.75	9:27	36.51	11	1:28	57	2:07	6.25	24:44	15.16	14	0:56	83	
ZZ Rad	4.25	13:23	19.05	12	2:38	65	3:20	10.50	38:07	16.53	14	2:03	83	
ZZ Rad	4.25	13:26	18.98	12	2:31	64	3:23	14.75	51:33	17.17	14	3:21	83	
Rad Ziel	5.75	10:28	32.96	11	1:42	57	2:30	20.50	1:02:01	19.83	14	4:22	11	
Rad	20.00	46:44	25.68	12	8:19	63	11:20	20.50	1:02:01	19.83	14	4:22	11	
Wechsel R->L	-	1:27	-	8	0:27	57	0:52	20.50	1:03:28	19.38	14	4:04	83	
Rad	20.00	48:11	24.90	12	8:44	63	12:06	20.50	1:03:28	19.38	14	4:04	83	
ZZ Lauf	2.50	13:34	11.06	9	2:55	44	4:41	23.00	1:17:02	17.91	14	4:51	83	
Lauf Ziel	2.50	14:13	10.55	10	3:10	49	4:58	25.50	1:31:15	16.77	9	14:55	51	24:33
Lauf	5.00	27:47	10.80	9	6:05	47	9:39	25.50	1:31:15	16.77	9	14:55	51	24:33