



11. Triathlon Lorsch

Lorsch / 10.08.2014

Moeller, Janina

Moeller, Janina

1:26:09

306

25.50 km

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

weibliche

AK 3 (TW 30)

205 (of 313)

34 (of 82)

1:06:42

9(of 13)

1:10:40

Moeller, Janina

Moeller, Janina

Moeller, Janina

Moeller, Janina	km	Moeller, Janina	km/h	-	-	Moeller, Janina	Moeller, Janina	Moeller, Janina	Moeller, Janina	Moeller, Janina	Moeller, Janina	Moeller, Janina	Moeller, Janina
Schwimmen nett	0.50	11:34	2.59	9	1:33	27	4:49	0.50	11:34	2.59	14	1:01	83
Wechsel S->R	-	3:20	-	12	1:37	57	1:50	0.50	14:54	2.01	9	2:28	83
Schwimmen Moeller, Janina	0.50	14:54	2.01	9	2:28	83		0.50	14:54	2.01	9	2:28	83
ZZ Rad	5.75	9:09	37.70	11	1:27	49	1:49	6.25	24:03	15.59	14	3:52	83
ZZ Rad	4.25	12:59	19.64	10	2:17	55	2:56	10.50	37:02	17.01	14	6:09	83
ZZ Rad	4.25	12:57	19.69	10	2:20	53	2:54	14.75	49:59	17.71	14	8:29	83
Rad Ziel	5.75	10:09	33.99	10	1:47	43	2:11	20.50	1:00:08	20.45	14	10:10	83
Rad Moeller, Janina	20.00	45:14	26.53	10	7:42	52	9:50	20.50	1:00:08	20.45	14	10:10	83
Wechsel R->L	-	1:00	-	5	0:25	22	0:25	20.50	1:01:08	20.12	14	9:42	83
Rad Moeller, Janina	20.00	46:14	25.96	10	7:29	46	10:09	20.50	1:01:08	20.12	14	9:42	83
ZZ Lauf	2.50	12:30	12.00	9	3:37	29	3:37	23.00	1:13:38	18.74	14	11:17	83
Lauf Ziel	2.50	12:31	11.98	5	3:16	17	3:16	25.50	1:26:09	17.76	9	15:29	34 19:27
Lauf Moeller, Janina	5.00	25:01	11.99	7	6:53	22	6:53	25.50	1:26:09	17.76	9	15:29	34 19:27