



11. Triathlon Lorsch

Lorsch / 10.08.2014

Stross, Tracey

Stross, Tracey

Sport Brandmüller

383

25.50 km

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

Seniorinnen 1 (TW 40)

1:23:52

183 (of 313)

27 (of 82)

1:06:42

5(of 14)

1:06:42

Stross, Tracey

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	km	min	km/h	-	-	min	min	km	min	km/h	-	-	min	min
Schwimmen nett	0.50	10:33	2.84	3	1:54	12	3:48	0.50	10:33	2.84	15	1:53	83	
Wechsel S->R	-	3:08	-	8	1:32	50	1:38	0.50	13:41	2.19	15	3:25	83	
Schwimmen	0.50	13:41	2.19	15	3:25	83		0.50	13:41	2.19	15	3:25	83	
ZZ Rad	5.75	8:46	39.35	5	1:26	30	1:26	6.25	22:27	16.70	15	4:51	83	
ZZ Rad	4.25	12:06	21.07	5	2:03	34	2:03	10.50	34:33	18.23	15	6:54	83	
ZZ Rad	4.25	12:36	20.24	7	2:33	44	2:33	14.75	47:09	18.77	15	9:27	83	
Rad Ziel	5.75	9:41	35.63	5	1:43	32	1:43	20.50	56:50	21.64	15	11:10	83	
Rad	20.00	43:09	27.81	6	7:45	34	7:45	20.50	56:50	21.64	15	11:10	83	
Wechsel R->L	-	1:33	-	11	0:52	63	0:58	20.50	58:23	21.07	15	12:02	83	
Rad	20.00	44:42	26.85	6	8:37	35	8:37	20.50	58:23	21.07	15	12:02	83	
ZZ Lauf	2.50	12:42	11.81	5	2:49	33	3:49	23.00	1:11:05	19.41	15	14:51	83	
Lauf Ziel	2.50	12:47	11.73	5	2:19	24	3:32	25.50	1:23:52	18.24	5	17:10	27	17:10
Lauf	5.00	25:29	11.77	5	5:08	29	7:21	25.50	1:23:52	18.24	5	17:10	27	17:10