



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Di Meo, Diana

000: 1:48:48

00: 382

00: 25.50 km

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

00000/000: 299 (of 313)

00000/0: 78 (of 82)

000000: 1:06:42

0000:

00000: 13(of 14)

Seniorinnen 1 (TW 40)

0000000: 1:06:42

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	17:26	1.72	13	8:47	80	10:41	0.50	17:26	1.72	15	8:46	83	2:19
Wechsel S->R	-	3:32	-	10	1:56	60	2:02	0.50	20:58	1.43	15	10:42	83	2:40
Schwimmen 000	0.50	20:58	1.43	15	10:42	83	2:40	0.50	20:58	1.43	15	10:42	83	2:40
ZZ Rad	5.75	10:58	31.46	14	3:38	81	3:38	6.25	31:56	11.74	15	14:20	83	3:56
ZZ Rad	4.25	16:22	15.58	14	6:19	82	6:19	10.50	48:18	13.04	15	20:39	83	7:27
ZZ Rad	4.25	17:00	15.00	14	6:57	82	6:57	14.75	1:05:18	13.55	15	27:36	83	11:48
Rad Ziel	5.75	13:03	26.44	14	5:05	81	5:05	20.50	1:18:21	15.70	15	32:41	83	14:38
Rad 0	20.00	57:23	20.91	14	21:59	82	21:59	20.50	1:18:21	15.70	15	32:41	83	14:38
Wechsel R->L	-	1:32	-	10	0:51	62	0:57	20.50	1:19:53	15.40	15	33:32	83	15:09
Rad 000	20.00	58:55	20.37	14	22:50	82	22:50	20.50	1:19:53	15.40	15	33:32	83	15:09
ZZ Lauf	2.50	13:52	10.82	10	3:59	55	4:59	23.00	1:33:45	14.72	15	37:31	83	16:13
Lauf Ziel	2.50	15:03	9.97	10	4:35	60	5:48	25.50	1:48:48	14.06	13	42:06	78	42:06
Lauf 000	5.00	28:55	10.37	10	8:34	57	10:47	25.50	1:48:48	14.06	13	42:06	78	42:06