



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Keinert, Anna-Maria

000: 1:13:52

00: MTG Triathlon Mannheim

00: 61

00: 25.50 km

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

0000:

weibliche AK 3 (TW 30)

00000/000: 65 (of 313)

00000/0: 4 (of 82)

000000: 1:06:42

00000: 2(of 13)

0000000: 1:10:40

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen nett	0.50	10:33	2.84	2	0:32	12	3:48	0.50	10:33	2.84	1	-	83	
Wechsel S->R	-	1:53	-	3	0:10	6	0:23	0.50	12:26	2.41	1	-	83	
Schwimmen 000	0.50	12:26	2.41	1	-	83		0.50	12:26	2.41	1	-	83	
ZZ Rad	5.75	7:45	44.52	2	0:03	3	0:25	6.25	20:11	18.58	1	-	83	
ZZ Rad	4.25	10:42	23.83	1	-	2	0:39	10.50	30:53	20.40	1	-	83	
ZZ Rad	4.25	10:37	24.02	1	-	2	0:34	14.75	41:30	21.33	1	-	83	
Rad Ziel	5.75	8:28	40.75	2	0:06	3	0:30	20.50	49:58	24.62	1	-	83	
Rad 0	20.00	37:32	31.97	1	-	2	2:08	20.50	49:58	24.62	1	-	83	
Wechsel R->L	-	1:28	-	11	0:53	58	0:53	20.50	51:26	23.91	1	-	83	
Rad 000	20.00	39:00	30.77	2	0:15	3	2:55	20.50	51:26	23.91	1	-	83	
ZZ Lauf	2.50	10:55	13.74	3	2:02	9	2:02	23.00	1:02:21	22.13	1	-	83	
Lauf Ziel	2.50	11:31	13.02	3	2:16	9	2:16	25.50	1:13:52	20.71	2	3:12	4	7:10
Lauf 000	5.00	22:26	13.37	3	4:18	8	4:18	25.50	1:13:52	20.71	2	3:12	4	7:10