



11. Triathlon Lorsch

Lorsch / 10.08.2014

Ring, Tanja

Ring, Tanja

1:21:46

90

25.50 km

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

161 (of 313)

22 (of 82)

1:06:42

Seniorinnen 1 (TW 40)

4(of 14)

1:06:42

Ring, Tanja

Ring, Tanja

Ring, Tanja

km	km/h	-	-	km	km/h	-	-	km	km/h	-	-	km	km/h
Schwimmen nett	0.50	11:42	2.56	4	3:03	34	4:57	0.50	11:42	2.56	3	3:02	83
Wechsel S->R	-	3:07	-	7	1:31	49	1:37	0.50	14:49	2.02	3	4:33	83
Schwimmen	0.50	14:49	2.02	3	4:33	83		0.50	14:49	2.02	3	4:33	83
ZZ Rad	5.75	8:33	40.35	4	1:13	26	1:13	6.25	23:22	16.05	3	5:46	83
ZZ Rad	4.25	11:45	21.70	4	1:42	26	1:42	10.50	35:07	17.94	3	7:28	83
ZZ Rad	4.25	11:43	21.76	4	1:40	24	1:40	14.75	46:50	18.90	3	9:08	83
Rad Ziel	5.75	9:16	37.23	4	1:18	22	1:18	20.50	56:06	21.93	3	10:26	83
Rad	20.00	41:17	29.07	4	5:53	23	5:53	20.50	56:06	21.93	3	10:26	83
Wechsel R->L	-	0:54	-	3	0:13	14	0:19	20.50	57:00	21.58	3	10:39	83
Rad	20.00	42:11	28.45	4	6:06	23	6:06	20.50	57:00	21.58	3	10:39	83
ZZ Lauf	2.50	12:07	12.38	4	2:14	21	3:14	23.00	1:09:07	19.97	3	12:53	83
Lauf Ziel	2.50	12:39	11.86	4	2:11	20	3:24	25.50	1:21:46	18.71	4	15:04	22 15:04
Lauf	5.00	24:46	12.11	4	4:25	20	6:38	25.50	1:21:46	18.71	4	15:04	22 15:04