



11. Triathlon Lorsch

Lorsch / 10.08.2014

Herbert, Anette

RV 03 Bürstadt Triathlon

68

25.50 km

Lorscher Triathlon 0,5-20,0-5,0

Seniorinnen 2 TW 45)

1:24:07

187 (of 313)

30 (of 82)

1:06:42

4(of 15)

1:18:33

Herbert, Anette

1:24:07

187

km	km/h	-	-	km	km/h	-	-	km	km/h	-	-	km	km/h	-	-	km	km/h
Schwimmen nett	0.50	10:11	2.95	2	1:25	10	3:26	0.50	10:11	2.95	16	83					
Wechsel S->R	-	2:14	-	2	0:06	18	0:44	0.50	12:25	2.42	16	83					
Schwimmen	0.50	12:25	2.42	16		83		0.50	12:25	2.42	16	83					
ZZ Rad	5.75	9:02	38.19	8	0:59	44	1:42	6.25	21:27	17.48	16	83					
ZZ Rad	4.25	12:04	21.13	6	1:11	33	2:01	10.50	33:31	18.80	16	83					
ZZ Rad	4.25	12:26	20.51	7	1:09	41	2:23	14.75	45:57	19.26	16	83					
Rad Ziel	5.75	9:49	35.14	6	0:58	40	1:51	20.50	55:46	22.06	16	83					
Rad	20.00	43:21	27.68	5	4:17	36	7:57	20.50	55:46	22.06	16	83					
Wechsel R->L	-	0:58	-	3	0:08	16	0:23	20.50	56:44	21.68	16	83					
Rad	20.00	44:19	27.08	6	4:04	33	8:14	20.50	56:44	21.68	16	83					
ZZ Lauf	2.50	13:27	11.15	7	1:36	41	4:34	23.00	1:10:11	19.66	16	83					
Lauf Ziel	2.50	13:56	10.77	6	3:16	41	4:41	25.50	1:24:07	18.19	4	5:34	30	17:25			
Lauf	5.00	27:23	10.96	7	4:25	42	9:15	25.50	1:24:07	18.19	4	5:34	30	17:25			