



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Fronia, Stephanie

000: 1:33:06

00: TG Plattfuss

00: 62

00: 25.50 km

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

00000/000: 253 (of 313)

00000/0: 58 (of 82)

000000: 1:06:42

0000:

00000: 9(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	12:19	2.44	5	3:40	46	5:34	0.50	12:19	2.44	5	3:39	83	
Wechsel S->R	-	3:04	-	6	1:28	47	1:34	0.50	15:23	1.95	5	5:07	83	
Schwimmen 000	0.50	15:23	1.95	5	5:07	83		0.50	15:23	1.95	5	5:07	83	
ZZ Rad	5.75	9:40	35.69	10	2:20	64	2:20	6.25	25:03	14.97	5	7:27	83	
ZZ Rad	4.25	13:32	18.84	11	3:29	68	3:29	10.50	38:35	16.33	5	10:56	83	
ZZ Rad	4.25	13:29	18.91	10	3:26	66	3:26	14.75	52:04	17.00	5	14:22	83	
Rad Ziel	5.75	11:00	31.36	11	3:02	70	3:02	20.50	1:03:04	19.50	5	17:24	83	
Rad 0	20.00	47:41	25.17	11	12:17	68	12:17	20.50	1:03:04	19.50	5	17:24	83	
Wechsel R->L	-	2:09	-	14	1:28	78	1:34	20.50	1:05:13	18.86	5	18:52	83	0:29
Rad 000	20.00	49:50	24.08	11	13:45	71	13:45	20.50	1:05:13	18.86	5	18:52	83	0:29
ZZ Lauf	2.50	13:32	11.08	6	3:39	42	4:39	23.00	1:18:45	17.52	5	22:31	83	1:13
Lauf Ziel	2.50	14:21	10.45	8	3:53	52	5:06	25.50	1:33:06	16.43	9	26:24	58	26:24
Lauf 000	5.00	27:53	10.76	8	7:32	50	9:45	25.50	1:33:06	16.43	9	26:24	58	26:24