



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Schneider-Desgranges, Annette

000: 1:45:41

00: RSC Kirrlach

00: 50

00: 25.50 km

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

0000:

Seniorinnen 1 (TW 40)

00000/000: 330 (of 340)

00000/0: 85 (of 89)

000000: 1:03:53

00000: 19(of 19)

0000000: 1:08:23

0000

0000

000

000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	15:12	1.97	18	6:34	83	8:26	0.50	15:12	1.97	18	6:34	83	8:26	
Wechsel S -> R	-	3:33	-	14	1:26	72	2:03	0.50	18:45	1.60	18	8:00	83	10:29	
Schwimmen 000	0.50	18:45	1.60	18	8:00	83	10:29	0.50	18:45	1.60	18	8:00	83	10:29	
Rad netto	20.00	47:49	25.10	18	13:01	85	19:30	20.50	1:06:34	18.48	19	21:01	87	22:31	
Wechsel R -> L	-	1:04	-	11	0:20	49	0:34	20.50	1:07:38	18.19	18	21:09	86	23:05	
Rad 000	20.00	48:53	24.55	18	13:09	85	19:14	20.50	1:07:38	18.19	18	21:09	86	23:05	
Lauf	5.00	38:03	7.88	19	16:09	87	18:43	25.50	1:45:41	14.48	19	37:18	87	41:48	