



## 12. Lorsch Triathlon

Lorsch / 02.08.2015

Presoli, Nicole

Presoli, Nicole

Let's Tri-IT (Tria-Gruppe Andreas Nickel)

234

25.50 km

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

Seniorinnen 2 TW 45)

Seniorinnen 2 TW 45)

1:31:57

302 (of 340)

68 (of 89)

1:03:53

15(of 20)

1:10:00

Presoli, Nicole

Presoli, Nicole

Presoli, Nicole

|                | km    | km/h  | -     | -  | -     | -  | km    | km/h  | -       | -     | -  | -     | km | km/h  | - | - | - | - |
|----------------|-------|-------|-------|----|-------|----|-------|-------|---------|-------|----|-------|----|-------|---|---|---|---|
| Schwimmen nett | 0.50  | 11:37 | 2.58  | 11 | 2:45  | 36 | 4:51  | 0.50  | 11:37   | 2.58  | 21 | 2:45  | 90 | 4:51  |   |   |   |   |
| Wechsel S -> R | -     | 3:59  | -     | 19 | 1:58  | 83 | 2:29  | 0.50  | 15:36   | 1.92  | 21 | 4:24  | 90 | 7:20  |   |   |   |   |
| Schwimmen      | 0.50  | 15:36 | 1.92  | 21 | 4:24  | 90 | 7:20  | 0.50  | 15:36   | 1.92  | 21 | 4:24  | 90 | 7:20  |   |   |   |   |
| Rad netto      | 20.00 | 41:13 | 29.11 | 13 | 5:27  | 43 | 12:54 | 20.50 | 56:49   | 21.65 | 21 | 9:25  | 90 | 12:46 |   |   |   |   |
| Wechsel R -> L | -     | 0:58  | -     | 8  | 0:15  | 37 | 0:28  | 20.50 | 57:47   | 21.29 | 21 | 9:35  | 90 | 13:14 |   |   |   |   |
| Rad            | 20.00 | 42:11 | 28.45 | 13 | 5:37  | 43 | 12:32 | 20.50 | 57:47   | 21.29 | 21 | 9:35  | 90 | 13:14 |   |   |   |   |
| Lauf           | 5.00  | 34:10 | 8.78  | 17 | 14:50 | 83 | 14:50 | 25.50 | 1:31:57 | 16.64 | 16 | 21:57 | 70 | 28:04 |   |   |   |   |