



12. Lorsche Triathlon

Lorsch / 02.08.2015

Reitz, Natascha

Reitz, Natascha

1:19:19

299

25.50 km

Lorsche Triathlon 0,5-20,0-5,0

weibliche AK 2 (TW 25)

182 (of 340)

21 (of 89)

1:03:53

4(of 11)

1:15:03

Reitz, Natascha

Reitz, Natascha

Reitz, Natascha

Reitz, Natascha	km	km/h	-	-	Reitz, Natascha	km	km/h	-	-	Reitz, Natascha	km	km/h	-	-
Schwimmen nett	0.50	11:17	2.66	5	2:23	27	4:31	0.50	11:17	2.66	12	2:23	90	4:31
Wechsel S -> R	-	2:38	-	7	0:41	35	1:08	0.50	13:55	2.16	12	2:47	90	5:39
Schwimmen Reitz, Natascha	0.50	13:55	2.16	12	2:47	90	5:39	0.50	13:55	2.16	12	2:47	90	5:39
Rad netto	20.00	39:17	30.55	4	0:35	26	10:58	20.50	53:12	23.12	12	3:22	90	9:09
Wechsel R -> L	-	1:12	-	9	0:35	56	0:42	20.50	54:24	22.61	12	3:39	90	9:51
Rad Reitz, Natascha	20.00	40:29	29.64	4	1:00	26	10:50	20.50	54:24	22.61	12	3:39	90	9:51
Lauf	5.00	24:55	12.04	5	2:07	26	5:35	25.50	1:19:19	19.29	4	4:16	23	15:26