



# 12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Gernegroß, Nadine

000: 1:27:31

00: 381

00: 25.50 km

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

0000:

weibliche AK 3 (TW 30)

00000/000: 271 (of 340)

00000/0: 55 (of 89)

000000: 1:03:53

00000: 8(of 9)

0000000: 1:12:01

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0000

000

|                | 00    | 00    | 00    | 00 | 00   | 00 | 00    | 000   | 000     | 000   | 00 | 00    | 00 | 00    |
|----------------|-------|-------|-------|----|------|----|-------|-------|---------|-------|----|-------|----|-------|
|                | km    | 00    | km/h  | -  | -    | 0  | 0     | km    | 00      | km/h  | -  | -     | 0  | 0     |
| Schwimmen nett | 0.50  | 11:06 | 2.70  | 6  | 0:42 | 22 | 4:20  | 0.50  | 11:06   | 2.70  | 6  | 0:42  | 90 | 4:20  |
| Wechsel S -> R | -     | 3:09  | -     | 8  | 1:27 | 61 | 1:39  | 0.50  | 14:15   | 2.11  | 10 | 1:56  | 90 | 5:59  |
| Schwimmen 000  | 0.50  | 14:15 | 2.11  | 10 | 1:56 | 90 | 5:59  | 0.50  | 14:15   | 2.11  | 10 | 1:56  | 90 | 5:59  |
| Rad netto      | 20.00 | 42:46 | 28.06 | 8  | 6:56 | 60 | 14:27 | 20.50 | 57:01   | 21.57 | 10 | 8:11  | 90 | 12:58 |
| Wechsel R -> L | -     | 1:36  | -     | 9  | 0:52 | 80 | 1:06  | 20.50 | 58:37   | 20.98 | 10 | 9:03  | 90 | 14:04 |
| Rad 000        | 20.00 | 44:22 | 27.05 | 8  | 7:37 | 63 | 14:43 | 20.50 | 58:37   | 20.98 | 10 | 9:03  | 90 | 14:04 |
| Lauf           | 5.00  | 28:54 | 10.38 | 8  | 7:27 | 67 | 9:34  | 25.50 | 1:27:31 | 17.48 | 8  | 15:30 | 57 | 23:38 |