



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Riffel, Lissy

000: 1:17:07

00: 65

00: 25.50 km

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

00000/000: 148 (of 340)

00000/0: 15 (of 89)

000000: 1:03:53

0000:

00000: 5(of 9)

weibliche AK 3 (TW 30)

0000000: 1:12:01

0000

0000

000

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	10:34	2.84	2	0:10	11	3:48	0.50	10:34	2.84	10	0:10	11	3:48
Wechsel S -> R	-	2:07	-	2	0:25	8	0:37	0.50	12:41	2.37	10	0:22	10	4:25
Schwimmen 000	0.50	12:41	2.37	10	0:22	10	4:25	0.50	12:41	2.37	10	0:22	10	4:25
Rad netto	20.00	38:37	31.07	6	2:47	19	10:18	20.50	51:18	23.98	10	2:28	15	7:15
Wechsel R -> L	-	1:31	-	8	0:47	77	1:01	20.50	52:49	23.29	10	3:15	16	8:16
Rad 000	20.00	40:08	29.90	6	3:23	24	10:29	20.50	52:49	23.29	10	3:15	16	8:16
Lauf	5.00	24:18	12.35	4	2:51	19	4:58	25.50	1:17:07	19.84	5	5:06	17	13:14