



12. Lorsch Triathlon

Lorsch / 02.08.2015

0000

Leroy, Angeline

000: 1:34:22

00: MTG Mannheim Triathlon

00: 76

00: 25.50 km

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

00000/000: 313 (of 340)

00000/0: 74 (of 89)

000000: 1:03:53

0000:

00000: 16(of 20)

Seniorinnen 2 TW 45)

0000000: 1:10:00

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	13:09	2.28	14	4:17	60	6:23	0.50	13:09	2.28	14	4:17	60	6:23
Wechsel S -> R	-	3:23	-	14	1:22	68	1:53	0.50	16:32	1.81	15	5:20	65	8:16
Schwimmen 000	0.50	16:32	1.81	15	5:20	65	8:16	0.50	16:32	1.81	15	5:20	65	8:16
Rad netto	20.00	45:01	26.66	18	9:15	74	16:42	20.50	1:01:33	19.98	21	14:09	74	17:30
Wechsel R -> L	-	1:30	-	17	0:47	75	1:00	20.50	1:03:03	19.51	21	14:51	74	18:30
Rad 000	20.00	46:31	25.80	18	9:57	76	16:52	20.50	1:03:03	19.51	21	14:51	74	18:30
Lauf	5.00	31:19	9.58	16	11:59	76	11:59	25.50	1:34:22	16.21	17	24:22	76	30:29