



# 30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

□□□□

michl, ramona

□□□: 1:22:28

□□: Bad Salzungen

□□: 1057

□□: 27.45 km

□□□□□/□□□: 56 (of 88)

Jedermann-Triathlon 0,45-22,0-5,0

□□□□□/□: 5 (of 15)

□□□□□□: 1:14:33

□□□□:

□□□□□: 2(of 6)

Frauen 30-39 Jahre

□□□□□□□: 1:15:22

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□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.45     | 11:20    | 25:11        | 4       | 0:48    | 8       | 2:18    | 0.45  | 11:20     | 25:11         | 4       | 0:48    | 8       | 2:18    |
| Wechsel S -> R | 0.05     | 1:06     | 22:00        | 2       | 0:12    | 2       | 0:12    | 0.50  | 12:26     | 24:52         | 3       | 0:22    | 6       | 1:50    |
| Schwimmen □□□  | 0.50     | 12:26    | 24:52        | 3       | 0:22    | 6       | 1:50    | 0.50  | 12:26     | 24:52         | 3       | 0:22    | 6       | 1:50    |
| Rad netto      | 22.00    | 48:03    | 2:11         | 3       | 5:09    | 8       | 5:09    | 22.50 | 1:00:29   | 2:41          | 2       | 5:31    | 6       | 6:44    |
| Wechsel R -> L | 0.05     | 1:05     | 21:39        | 3       | 0:25    | 10      | 0:34    | 22.55 | 1:01:34   | 2:43          | 2       | 5:56    | 6       | 7:15    |
| Rad □□□        | 22.05    | 49:08    | 2:13         | 3       | 5:34    | 8       | 5:34    | 22.55 | 1:01:34   | 2:43          | 2       | 5:56    | 6       | 7:15    |
| Lauf           | 4.90     | 20:54    | 4:15         | 2       | 1:10    | 3       | 1:10    | 27.45 | 1:22:28   | 3:00          | 2       | 7:06    | 5       | 7:55    |