



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Hansmann, Monika

□□□: 1:49:44

□□: TV Seeheim

□□: 72

□□: 25.50 km

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

□□□□□/□□□: 329 (of 336)

□□□□□/□: 92 (of 96)

□□□□□□: 1:04:25

□□□□:

Seniorinnen 1 (TW 40)

□□□□□: 19(of 19)

□□□□□□□: 1:04:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	16:06	32:12	19	7:26	95	7:47	0.50	16:06	32:12	19	7:26	95	7:47
Wechsel S -> R	-	3:55	-	19	2:15	88	3:15	0.50	20:01	40:01	19	9:36	95	9:55
Schwimmen □□□	0.50	20:01	40:01	19	9:36	95	9:55	0.50	20:01	40:01	19	9:36	95	9:55
Rad netto	20.00	57:41	2:53	19	24:48	96	24:48	20.50	1:17:42	3:47	19	34:24	96	34:24
Wechsel R -> L	-	1:13	-	10	0:38	61	0:44	20.50	1:18:55	3:50	19	35:02	96	35:02
Rad □□□	20.00	58:54	2:56	18	25:26	95	25:26	20.50	1:18:55	3:50	19	35:02	96	35:02
Lauf	5.00	30:49	6:09	14	10:17	75	16:26	25.50	1:49:44	4:18	19	45:19	92	45:19