



13. Lorsch Triathlon

Lorsch / 14.08.2016

□□□□

Fuchs, Elvira

□□□: 1:38:20

□□: 130

□□: 25.50 km

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

□□□□□/□□□: 316 (of 336)

□□□□□/□: 84 (of 96)

□□□□□□: 1:04:25

□□□□:

Seniorinnen 5 (TW 60)

□□□□□: 3(of 4)

□□□□□□□: 1:22:17

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	13:15	26:30	2	2:19	74	4:56	0.50	13:15	26:30	5	2:19	97	4:56
Wechsel S -> R	-	3:28	-	3	0:23	79	2:48	0.50	16:43	33:25	5	2:42	97	6:37
Schwimmen □□□	0.50	16:43	33:25	5	2:42	97	6:37	0.50	16:43	33:25	5	2:42	97	6:37
Rad netto	20.00	45:15	2:15	3	5:45	78	12:22	20.50	1:01:58	3:01	5	8:27	97	18:40
Wechsel R -> L	-	2:44	-	4	1:15	96	2:15	20.50	1:04:42	3:09	5	9:42	97	20:49
Rad □□□	20.00	47:59	2:23	4	7:00	82	14:31	20.50	1:04:42	3:09	5	9:42	97	20:49
Lauf	5.00	33:38	6:43	3	6:21	85	19:15	25.50	1:38:20	3:51	3	16:03	84	33:55