



13. Lorsch Triathlon

Lorsch / 14.08.2016

□□□□

Stiepanie, Ursula

□□□: 1:25:52

□□: Venice Beach/ Niebel

□□: 192

□□: 25.50 km

□□□□□/□□□: 248 (of 336)

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

□□□□□/□: 57 (of 96)

□□□□□□: 1:04:25

□□□□:

□□□□□: 2(of 5)

Seniorinnen 4 (TW 55)

□□□□□□□: 1:23:37

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 13:36 | 27:11 | 4 | 3:20 | 78 | 5:17 | 0.50 | 13:36 | 27:11 | 6 | 3:20 | 97 | 5:17 |
| Wechsel S -> R | - | 2:28 | - | 2 | 1:48 | 27 | 1:48 | 0.50 | 16:04 | 32:07 | 6 | 3:58 | 97 | 5:58 |
| Schwimmen □□□ | 0.50 | 16:04 | 32:07 | 6 | 3:58 | 97 | 5:58 | 0.50 | 16:04 | 32:07 | 6 | 3:58 | 97 | 5:58 |
| Rad netto | 20.00 | 42:34 | 2:07 | 2 | 3:08 | 64 | 9:41 | 20.50 | 58:38 | 2:51 | 6 | 3:55 | 97 | 15:20 |
| Wechsel R -> L | - | 1:00 | - | 2 | 0:15 | 39 | 0:31 | 20.50 | 59:38 | 2:54 | 6 | 3:41 | 97 | 15:45 |
| Rad □□□ | 20.00 | 43:34 | 2:10 | 2 | 2:18 | 63 | 10:06 | 20.50 | 59:38 | 2:54 | 6 | 3:41 | 97 | 15:45 |
| Lauf | 5.00 | 26:14 | 5:14 | 1 | - | 34 | 11:51 | 25.50 | 1:25:52 | 3:22 | 2 | 2:15 | 57 | 21:27 |