



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Rahn, Kim Vanessa

000: 1:31:39

00: 256

00: 25.50 km

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

00000/000: 296 (of 336)

00000/0: 75 (of 96)

000000: 1:04:25

0000:

weibliche AK 1 (TW 20)

00000: 5(of 6)

0000000: 1:18:29

0000

0000

000

| 000            | 00    | 00    | 00     | 00 | 00   | 00 | 00    | 000   | 000     | 000    | 00 | 00    | 00 | 00    |
|----------------|-------|-------|--------|----|------|----|-------|-------|---------|--------|----|-------|----|-------|
|                | km    | 00    | min/km | -  | -    | 0  | 0     | km    | 00      | min/km | -  | -     | 0  | 0     |
| Schwimmen nett | 0.50  | 12:10 | 24:19  | 5  | 3:14 | 62 | 3:51  | 0.50  | 12:10   | 24:19  | 7  | 3:14  | 97 | 3:51  |
| Wechsel S -> R | -     | 2:59  | -      | 3  | 0:20 | 57 | 2:19  | 0.50  | 15:09   | 30:18  | 7  | 3:10  | 97 | 5:03  |
| Schwimmen 000  | 0.50  | 15:09 | 30:18  | 7  | 3:10 | 97 | 5:03  | 0.50  | 15:09   | 30:18  | 7  | 3:10  | 97 | 5:03  |
| Rad netto      | 20.00 | 43:36 | 2:10   | 4  | 5:47 | 74 | 10:43 | 20.50 | 58:45   | 2:51   | 7  | 8:57  | 97 | 15:27 |
| Wechsel R -> L | -     | 0:51  | -      | 4  | 0:12 | 24 | 0:22  | 20.50 | 59:36   | 2:54   | 7  | 8:55  | 97 | 15:43 |
| Rad 000        | 20.00 | 44:27 | 2:13   | 4  | 5:45 | 70 | 10:59 | 20.50 | 59:36   | 2:54   | 7  | 8:55  | 97 | 15:43 |
| Lauf           | 5.00  | 32:03 | 6:24   | 5  | 6:03 | 80 | 17:40 | 25.50 | 1:31:39 | 3:35   | 5  | 13:10 | 75 | 27:14 |