



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

□□□□

Noll, Ingrid

□□□: 1:33:17

□□: 310

□□: 25.50 km

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

□□□□□/□□□: 303 (of 336)

□□□□□/□: 78 (of 96)

□□□□□□: 1:04:25

□□□□:

Seniorinnen 4 (TW 55)

□□□□□: 3(of 5)

□□□□□□□: 1:23:37

□□□□

□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 12:57    | 25:53        | 3       | 2:41    | 70      | 4:38    | 0.50  | 12:57     | 25:53         | 6       | 2:41    | 97      | 4:38    |
| Wechsel S -> R | -        | 3:24     | -            | 3       | 2:44    | 76      | 2:44    | 0.50  | 16:21     | 32:42         | 6       | 4:15    | 97      | 6:15    |
| Schwimmen □□□  | 0.50     | 16:21    | 32:42        | 6       | 4:15    | 97      | 6:15    | 0.50  | 16:21     | 32:42         | 6       | 4:15    | 97      | 6:15    |
| Rad netto      | 20.00    | 39:26    | 1:58         | 1       | -       | 31      | 6:33    | 20.50 | 55:47     | 2:43          | 6       | 1:04    | 97      | 12:29   |
| Wechsel R -> L | -        | 1:50     | -            | 4       | 1:05    | 89      | 1:21    | 20.50 | 57:37     | 2:48          | 6       | 1:40    | 97      | 13:44   |
| Rad □□□        | 20.00    | 41:16    | 2:03         | 1       | -       | 38      | 7:48    | 20.50 | 57:37     | 2:48          | 6       | 1:40    | 97      | 13:44   |
| Lauf           | 5.00     | 35:40    | 7:07         | 4       | 9:26    | 90      | 21:17   | 25.50 | 1:33:17   | 3:39          | 3       | 9:40    | 78      | 28:52   |