



13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

Müller, Birgit

000: 1:21:59

00: 398

00: 25.50 km

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

00000/000: 204 (of 336)

00000/0: 36 (of 96)

000000: 1:04:25

0000:

Seniorinnen 1 (TW 40)

00000: 7(of 19)

0000000: 1:04:25

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	11:22	22:44	10	2:42	39	3:03	0.50	11:22	22:44	20	2:42	97	3:03
Wechsel S -> R	-	2:27	-	6	0:47	25	1:47	0.50	13:49	27:37	20	3:24	97	3:43
Schwimmen 000	0.50	13:49	27:37	20	3:24	97	3:43	0.50	13:49	27:37	20	3:24	97	3:43
Rad netto	20.00	39:53	1:59	7	7:00	37	7:00	20.50	53:42	2:37	20	10:24	97	10:24
Wechsel R -> L	-	1:17	-	13	0:42	69	0:48	20.50	54:59	2:40	20	11:06	97	11:06
Rad 000	20.00	41:10	2:03	7	7:42	36	7:42	20.50	54:59	2:40	20	11:06	97	11:06
Lauf	5.00	27:00	5:24	5	6:28	44	12:37	25.50	1:21:59	3:12	7	17:34	36	17:34