



13. Lorsch Triathlon

Lorsch / 14.08.2016

□□□□

Rensch, Gerda

□□□: 1:31:25

□□: RV03 Bürstadt

□□: 363

□□: 25.50 km

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

□□□□□/□□□: 293 (of 336)

□□□□□/□: 74 (of 96)

□□□□□□: 1:04:25

□□□□:

weibliche AK 3 (TW 30)

□□□□□: 12(of 14)

□□□□□□□: 1:09:38

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 14:09 | 28:18 | 14 | 5:50 | 84 | 5:50 | 0.50 | 14:09 | 28:18 | 15 | 5:50 | 97 | 5:50 |
| Wechsel S -> R | - | 3:37 | - | 12 | 1:50 | 82 | 2:57 | 0.50 | 17:46 | 35:31 | 15 | 7:40 | 97 | 7:40 |
| Schwimmen □□□ | 0.50 | 17:46 | 35:31 | 15 | 7:40 | 97 | 7:40 | 0.50 | 17:46 | 35:31 | 15 | 7:40 | 97 | 7:40 |
| Rad netto | 20.00 | 44:16 | 2:12 | 11 | 10:12 | 76 | 11:23 | 20.50 | 1:02:02 | 3:01 | 15 | 15:19 | 97 | 18:44 |
| Wechsel R -> L | - | 1:04 | - | 8 | 0:27 | 48 | 0:35 | 20.50 | 1:03:06 | 3:04 | 15 | 15:34 | 97 | 19:13 |
| Rad □□□ | 20.00 | 45:20 | 2:15 | 11 | 10:27 | 76 | 11:52 | 20.50 | 1:03:06 | 3:04 | 15 | 15:34 | 97 | 19:13 |
| Lauf | 5.00 | 28:19 | 5:39 | 10 | 13:56 | 63 | 13:56 | 25.50 | 1:31:25 | 3:35 | 12 | 21:47 | 74 | 27:00 |