



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Götzinger, Katharina

□□□: 1:13:33

□□: 59

□□: 25.50 km

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

□□□□□/□□□: 102 (of 336)

□□□□□/□: 10 (of 96)

□□□□□□: 1:04:25

□□□□:

weibliche AK 3 (TW 30)

□□□□□: 3(of 14)

□□□□□□□: 1:09:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	10:57	21:53	6	2:38	27	2:38	0.50	10:57	21:53	6	2:38	27	2:38	
Wechsel S -> R	-	2:19	-	2	0:32	17	1:39	0.50	13:16	26:32	5	3:10	26	3:10	
Schwimmen □□□	0.50	13:16	26:32	5	3:10	26	3:10	0.50	13:16	26:32	5	3:10	26	3:10	
Rad netto	20.00	37:42	1:53	3	3:38	14	4:49	20.50	50:58	2:29	3	4:15	18	7:40	
Wechsel R -> L	-	0:54	-	5	0:17	29	0:25	20.50	51:52	2:31	3	4:20	18	7:59	
Rad □□□	20.00	38:36	1:55	3	3:43	14	5:08	20.50	51:52	2:31	3	4:20	18	7:59	
Lauf	5.00	21:41	4:20	2	7:18	7	7:18	25.50	1:13:33	2:53	3	3:55	10	9:08	