



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Emmenlauer, Simone

□□□: 1:17:11

□□: Tria Schwanheim

□□: 92

□□: 25.50 km

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

□□□□□/□□□: 137 (of 336)

□□□□□/□: 20 (of 96)

□□□□□□: 1:04:25

□□□□:

Seniorinnen 1 (TW 40)

□□□□□: 3(of 19)

□□□□□□□: 1:04:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	8:56	17:52	2	0:16	6	0:37	0.50	8:56	17:52	2	0:16	7	0:37
Wechsel S -> R	-	2:18	-	5	0:38	16	1:38	0.50	11:14	22:27	3	0:49	5	1:08
Schwimmen □□□	0.50	11:14	22:27	3	0:49	5	1:08	0.50	11:14	22:27	3	0:49	5	1:08
Rad netto	20.00	37:38	1:52	3	4:45	12	4:45	20.50	48:52	2:23	3	5:34	8	5:34
Wechsel R -> L	-	0:51	-	4	0:16	24	0:22	20.50	49:43	2:25	3	5:50	8	5:50
Rad □□□	20.00	38:29	1:55	3	5:01	12	5:01	20.50	49:43	2:25	3	5:50	8	5:50
Lauf	5.00	27:28	5:29	7	6:56	48	13:05	25.50	1:17:11	3:01	3	12:46	20	12:46