



# 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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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| 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   |