



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Köhler, Gabriele

□□□: 1:22:13

□□: 64

□□: 25.50 km

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

□□□□□/□□□: 207 (of 336)

□□□□□/□: 38 (of 96)

□□□□□□: 1:04:25

□□□□:

Seniorinnen 3 (TW 50)

□□□□□: 7(of 10)

□□□□□□□: 1:13:45

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 13:35 | 27:10 | 8 | 4:51 | 77 | 5:16 | 0.50 | 13:35 | 27:10 | 11 | 4:51 | 77 | 5:16 |
| Wechsel S -> R | - | 3:07 | - | 8 | 1:27 | 65 | 2:27 | 0.50 | 16:42 | 33:23 | 11 | 5:21 | 77 | 6:36 |
| Schwimmen □□□ | 0.50 | 16:42 | 33:23 | 11 | 5:21 | 77 | 6:36 | 0.50 | 16:42 | 33:23 | 11 | 5:21 | 77 | 6:36 |
| Rad netto | 20.00 | 39:04 | 1:57 | 6 | 1:48 | 29 | 6:11 | 20.50 | 55:46 | 2:43 | 11 | 6:09 | 48 | 12:28 |
| Wechsel R -> L | - | 1:12 | - | 7 | 0:23 | 60 | 0:43 | 20.50 | 56:58 | 2:46 | 11 | 5:46 | 50 | 13:05 |
| Rad □□□ | 20.00 | 40:16 | 2:00 | 6 | 2:02 | 28 | 6:48 | 20.50 | 56:58 | 2:46 | 11 | 5:46 | 50 | 13:05 |
| Lauf | 5.00 | 25:15 | 5:02 | 4 | 3:34 | 26 | 10:52 | 25.50 | 1:22:13 | 3:13 | 7 | 8:28 | 38 | 17:48 |