



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Born-Brosy, Carina

000: 1:37:06

00: 88

00: 25.50 km

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

0000:

Seniorinnen 2 TW 45)

00000/000: 327 (of 353)

00000/0: 74 (of 84)

000000: 1:08:36

00000: 17(of 20)

0000000: 1:08:36

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	16:14	32:28	19	6:55	82	7:02	0.50	16:14	32:28	19	6:55	82	7:02	
Wechsel S -> R	-	4:03	-	18	2:14	76	2:24	0.50	20:17	40:34	19	9:09	82	9:09	
Schwimmen 000	0.50	20:17	40:34	19	9:09	82	9:09	0.50	20:17	40:34	19	9:09	82	9:09	
Kontrolle Rad	6.00	15:20	2:33	17	4:31	81	4:31	6.50	35:37	5:28	18	13:40	81	13:40	
Kontrolle Rad	8.00	18:58	2:22	17	5:25	79	5:26	14.50	54:35	3:45	18	19:05	80	19:05	
Rad Ziel	6.00	13:38	2:16	17	3:30	75	3:33	20.50	1:08:13	3:19	18	22:35	81	22:35	
Rad 0	20.00	47:56	2:23	1	37:48	1	37:51	20.50	1:08:13	3:19	18	22:35	81	22:35	
Wechsel R -> L	-	0:53	-	5	0:09	20	0:18	20.50	1:09:06	3:22	18	22:39	81	22:39	
Rad 000	20.00	48:49	2:26	17	13:30	77	13:30	20.50	1:09:06	3:22	18	22:39	81	22:39	
Kontrolle Lauf	2.40	13:29	5:37	10	3:34	47	3:34	22.90	1:22:35	3:36	17	25:18	77	25:18	
Lauf Ziel	2.60	14:31	5:34	12	3:42	51	3:56	25.50	1:37:06	3:48	17	28:30	74	28:30	
Lauf 000	5.00	28:00	5:35	12	7:16	49	7:18	25.50	1:37:06	3:48	17	28:30	74	28:30	