



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Bauer, Caterina

000: 1:38:50

00: Heia Spechbach

00: 68

00: 25.50 km

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

00000/000: 334 (of 353)

00000/0: 76 (of 84)

000000: 1:08:36

00000: 15(of 17)

0000000: 1:10:03

0000:

Seniorinnen 1 (TW 40)

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0000

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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	12:53	25:45	12	3:15	61	3:41	0.50	12:53	25:45	12	3:15	61	3:41	
Wechsel S -> R	-	2:45	-	7	0:37	35	1:06	0.50	15:38	31:15	11	3:51	56	4:30	
Schwimmen 000	0.50	15:38	31:15	11	3:51	56	4:30	0.50	15:38	31:15	11	3:51	56	4:30	
Kontrolle Rad	6.00	13:13	2:12	10	2:19	55	2:24	6.50	28:51	4:26	10	5:50	53	6:54	
Kontrolle Rad	8.00	17:01	2:07	11	3:29	60	3:29	14.50	45:52	3:09	11	9:19	58	10:22	
Rad Ziel	6.00	12:27	2:04	12	2:22	60	2:22	20.50	58:19	2:50	12	11:41	65	12:41	
Rad 0	20.00	42:41	2:08	1	32:36	1	32:36	20.50	58:19	2:50	12	11:41	65	12:41	
Wechsel R -> L	-	1:20	-	14	0:39	66	0:45	20.50	59:39	2:54	12	12:13	65	13:12	
Rad 000	20.00	44:01	2:12	12	8:42	61	8:42	20.50	59:39	2:54	12	12:13	65	13:12	
Kontrolle Lauf	2.40	19:05	7:57	17	7:55	80	9:10	22.90	1:18:44	3:26	15	20:08	72	21:27	
Lauf Ziel	2.60	20:06	7:43	17	8:39	80	9:31	25.50	1:38:50	3:52	15	28:47	76	30:14	
Lauf 000	5.00	39:11	7:50	17	16:34	80	18:29	25.50	1:38:50	3:52	15	28:47	76	30:14	