



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Hertel, Melanie

000: 1:18:59

00: Team Body Attack

00: 146

00: 25.50 km

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

00000/000: 190 (of 353)

00000/0: 26 (of 84)

000000: 1:08:36

0000:

00000: 4(of 17)

Seniorinnen 1 (TW 40)

0000000: 1:10:03

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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	11:03	22:06	5	1:25	26	1:51	0.50	11:03	22:06	18	1:25	26	1:51	
Wechsel S -> R	-	2:56	-	10	0:48	43	1:17	0.50	13:59	27:57	18	2:12	85	2:51	
Schwimmen 000	0.50	13:59	27:57	18	2:12	85	2:51	0.50	13:59	27:57	18	2:12	85	2:51	
Kontrolle Rad	6.00	11:57	1:59	4	1:03	13	1:08	6.50	25:56	3:59	18	2:55	85	3:59	
Kontrolle Rad	8.00	15:02	1:52	6	1:30	23	1:30	14.50	40:58	2:49	18	4:25	84	5:28	
Rad Ziel	6.00	10:54	1:49	4	0:49	18	0:49	20.50	51:52	2:31	18	5:14	85	6:14	
Rad 0	20.00	37:53	1:53	1	27:48	1	27:48	20.50	51:52	2:31	18	5:14	85	6:14	
Wechsel R -> L	-	1:05	-	12	0:24	42	0:30	20.50	52:57	2:34	18	5:31	85	6:30	
Rad 000	20.00	38:58	1:56	5	3:39	17	3:39	20.50	52:57	2:34	18	5:31	85	6:30	
Kontrolle Lauf	2.40	12:43	5:17	3	1:33	28	2:48	22.90	1:05:40	2:52	18	7:04	85	8:23	
Lauf Ziel	2.60	13:19	5:07	4	1:52	32	2:44	25.50	1:18:59	3:05	4	8:56	26	10:23	
Lauf 000	5.00	26:02	5:12	5	3:25	31	5:20	25.50	1:18:59	3:05	4	8:56	26	10:23	