



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Kunz, Heike

000: 1:24:27

00: Team Body Attack

00: 145

00: 25.50 km

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

00000/000: 254 (of 353)

00000/0: 43 (of 84)

000000: 1:08:36

0000:

00000: 8(of 17)

Seniorinnen 1 (TW 40)

0000000: 1:10:03

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:24	24:48	11	2:46	56	3:12	0.50	12:24	24:48	18	2:46	85	3:12
Wechsel S -> R	-	3:29	-	14	1:21	66	1:50	0.50	15:53	31:45	18	4:06	85	4:45
Schwimmen 000	0.50	15:53	31:45	18	4:06	85	4:45	0.50	15:53	31:45	18	4:06	85	4:45
Kontrolle Rad	6.00	13:28	2:14	12	2:34	57	2:39	6.50	29:21	4:30	18	6:20	85	7:24
Kontrolle Rad	8.00	16:17	2:02	9	2:45	50	2:45	14.50	45:38	3:08	18	9:05	84	10:08
Rad Ziel	6.00	11:59	1:59	9	1:54	52	1:54	20.50	57:37	2:48	18	10:59	85	11:59
Rad 0	20.00	41:44	2:05	1	31:39	1	31:39	20.50	57:37	2:48	18	10:59	85	11:59
Wechsel R -> L	-	0:59	-	7	0:18	29	0:24	20.50	58:36	2:51	18	11:10	85	12:09
Rad 000	20.00	42:43	2:08	10	7:24	54	7:24	20.50	58:36	2:51	18	11:10	85	12:09
Kontrolle Lauf	2.40	12:45	5:18	5	1:35	30	2:50	22.90	1:11:21	3:06	18	12:45	85	14:04
Lauf Ziel	2.60	13:06	5:02	3	1:39	27	2:31	25.50	1:24:27	3:18	8	14:24	43	15:51
Lauf 000	5.00	25:51	5:10	4	3:14	29	5:09	25.50	1:24:27	3:18	8	14:24	43	15:51