



16. Lorsch Triathlon

Lorsch / 11.08.2019

Steingens, Sigrun

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1:28:30

121

25.50 km

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

287 (of 353)

60 (of 84)

1:08:36

13(of 17)

1:12:44

Seniorinnen 3 (TW 50)

Swimming

Cycling

Running

	km	min	min/km	-	-	km	min	km	min	min/km	-	-	km	min
Schwimmen nett	0.50	11:57	23:53	13	2:45	53	2:45	0.50	11:57	23:53	18	2:45	85	2:45
Wechsel S -> R	-	4:03	-	16	2:02	76	2:24	0.50	16:00	32:00	18	4:42	85	4:52
Schwimmen	0.50	16:00	32:00	18	4:42	85	4:52	0.50	16:00	32:00	18	4:42	85	4:52
Kontrolle Rad	6.00	13:08	2:11	13	1:50	53	2:19	6.50	29:08	4:28	18	5:27	85	7:11
Kontrolle Rad	8.00	16:20	2:02	11	2:28	51	2:48	14.50	45:28	3:08	17	7:23	84	9:58
Rad Ziel	6.00	12:08	2:01	13	1:51	57	2:03	20.50	57:36	2:48	18	9:11	85	11:58
Rad	20.00	41:36	2:04	1	31:19	1	31:31	20.50	57:36	2:48	18	9:11	85	11:58
Wechsel R -> L	-	0:57	-	4	0:04	27	0:22	20.50	58:33	2:51	18	9:12	85	12:06
Rad	20.00	42:33	2:07	12	6:07	52	7:14	20.50	58:33	2:51	18	9:12	85	12:06
Kontrolle Lauf	2.40	14:30	6:02	13	3:51	62	4:35	22.90	1:13:03	3:11	18	11:43	85	15:46
Lauf Ziel	2.60	15:27	5:56	13	4:03	65	4:52	25.50	1:28:30	3:28	13	15:46	60	19:54
Lauf	5.00	29:57	5:59	13	7:54	65	9:15	25.50	1:28:30	3:28	13	15:46	60	19:54