



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Weis, Ute

000: 1:52:26

00: 61

00: 25.50 km

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

0000:

Seniorinnen 4 (TW 55)

00000/000: 346 (of 353)

00000/0: 81 (of 84)

000000: 1:08:36

00000: 5(of 5)

0000000: 1:25:58

0000

0000

000

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	13:32	27:03	5	1:03	68	4:20	0.50	13:32	27:03	6	1:03	68	4:20	
Wechsel S -> R	-	4:01	-	4	1:05	75	2:22	0.50	17:33	35:06	6	2:06	72	6:25	
Schwimmen 000	0.50	17:33	35:06	6	2:06	72	6:25	0.50	17:33	35:06	6	2:06	72	6:25	
Kontrolle Rad	6.00	15:09	2:31	5	2:12	79	4:20	6.50	32:42	5:01	6	3:44	77	10:45	
Kontrolle Rad	8.00	18:42	2:20	5	3:20	76	5:10	14.50	51:24	3:32	6	5:43	77	15:54	
Rad Ziel	6.00	13:57	2:19	5	2:38	79	3:52	20.50	1:05:21	3:11	5	8:05	77	19:43	
Rad 0	20.00	47:48	2:23	1	36:29	1	37:43	20.50	1:05:21	3:11	5	8:05	77	19:43	
Wechsel R -> L	-	1:23	-	4	0:37	72	0:48	20.50	1:06:44	3:15	5	8:13	77	20:17	
Rad 000	20.00	49:11	2:27	5	8:18	78	13:52	20.50	1:06:44	3:15	5	8:13	77	20:17	
Kontrolle Lauf	2.40	22:06	9:12	5	8:40	83	12:11	22.90	1:28:50	3:52	5	16:53	81	31:33	
Lauf Ziel	2.60	23:36	9:04	5	9:35	83	13:01	25.50	1:52:26	4:24	5	26:28	81	43:50	
Lauf 000	5.00	45:42	9:08	5	18:15	83	25:00	25.50	1:52:26	4:24	5	26:28	81	43:50	