



16. Lorsch Triathlon

Lorsch / 11.08.2019

Gratzl, Corinne

Gratzl, Corinne

1:25:13

216

25.50 km

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

261 (of 353)

46 (of 84)

1:08:36

9(of 17)

1:10:03

Seniorinnen 1 (TW 40)

Gratzl, Corinne

Gratzl, Corinne

Gratzl, Corinne

km	min/km	-	-	km	min/km	-	-	km	min/km	-	-	km	min/km	-	-
Schwimmen nett	0.50	11:54	23:48	10	2:16	50	2:42	0.50	11:54	23:48	18	2:16	50	2:42	
Wechsel S -> R	-	2:55	-	9	0:47	42	1:16	0.50	14:49	29:37	18	3:02	85	3:41	
Schwimmen	0.50	14:49	29:37	18	3:02	85	3:41	0.50	14:49	29:37	18	3:02	85	3:41	
Kontrolle Rad	6.00	13:24	2:14	11	2:30	56	2:35	6.50	28:13	4:20	18	5:12	85	6:16	
Kontrolle Rad	8.00	17:04	2:07	12	3:32	63	3:32	14.50	45:17	3:07	18	8:44	84	9:47	
Rad Ziel	6.00	12:18	2:03	11	2:13	59	2:13	20.50	57:35	2:48	18	10:57	85	11:57	
Rad	20.00	42:46	2:08	1	32:41	1	32:41	20.50	57:35	2:48	18	10:57	85	11:57	
Wechsel R -> L	-	0:41	-	1	-	4	0:06	20.50	58:16	2:50	18	10:50	85	11:49	
Rad	20.00	43:27	2:10	11	8:08	56	8:08	20.50	58:16	2:50	18	10:50	85	11:49	
Kontrolle Lauf	2.40	12:54	5:22	6	1:44	35	2:59	22.90	1:11:10	3:06	18	12:34	85	13:53	
Lauf Ziel	2.60	14:03	5:24	6	2:36	42	3:28	25.50	1:25:13	3:20	9	15:10	46	16:37	
Lauf	5.00	26:57	5:23	6	4:20	39	6:15	25.50	1:25:13	3:20	9	15:10	46	16:37	