



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Heyd, Katharina

000: 1:25:13

00: 212

00: 25.50 km

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

00000/000: 262 (of 353)

00000/0: 46 (of 84)

000000: 1:08:36

0000:

00000: 9(of 17)

Seniorinnen 1 (TW 40)

0000000: 1:10:03

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	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	11:53	23:45	9	2:15	47	2:41	0.50	11:53	23:45	18	2:15	49	2:41
Wechsel S -> R	-	2:49	-	8	0:41	38	1:10	0.50	14:42	29:23	18	2:55	42	3:34
Schwimmen 000	0.50	14:42	29:23	18	2:55	42	3:34	0.50	14:42	29:23	18	2:55	42	3:34
Kontrolle Rad	6.00	13:00	2:09	8	2:06	49	2:11	6.50	27:42	4:15	18	4:41	85	5:45
Kontrolle Rad	8.00	16:20	2:02	10	2:48	51	2:48	14.50	44:02	3:02	18	7:29	84	8:32
Rad Ziel	6.00	12:02	2:00	10	1:57	54	1:57	20.50	56:04	2:44	18	9:26	85	10:26
Rad 0	20.00	41:22	2:04	1	31:17	1	31:17	20.50	56:04	2:44	18	9:26	85	10:26
Wechsel R -> L	-	1:01	-	9	0:20	32	0:26	20.50	57:05	2:47	18	9:39	85	10:38
Rad 000	20.00	42:23	2:07	9	7:04	51	7:04	20.50	57:05	2:47	18	9:39	85	10:38
Kontrolle Lauf	2.40	14:04	5:51	10	2:54	54	4:09	22.90	1:11:09	3:06	18	12:33	85	13:52
Lauf Ziel	2.60	14:04	5:24	7	2:37	43	3:29	25.50	1:25:13	3:20	9	15:10	46	16:37
Lauf 000	5.00	28:08	5:37	10	5:31	50	7:26	25.50	1:25:13	3:20	9	15:10	46	16:37