



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Lange, Natascha

000: 1:16:58

00: TSV Amicitia Viernheim

00: 251

00: 25.50 km

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

0000:

Seniorinnen 1 (TW 40)

00000/000: 151 (of 353)

00000/0: 16 (of 84)

000000: 1:08:36

00000: 2(of 17)

0000000: 1:10:03

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	10:03	20:06	3	0:25	14	0:51	0.50	10:03	20:06	18	0:25	85	0:51
Wechsel S -> R	-	2:15	-	4	0:07	17	0:36	0.50	12:18	24:36	18	0:31	85	1:10
Schwimmen 000	0.50	12:18	24:36	18	0:31	85	1:10	0.50	12:18	24:36	18	0:31	85	1:10
Kontrolle Rad	6.00	12:15	2:02	6	1:21	23	1:26	6.50	24:33	3:46	18	1:32	85	2:36
Kontrolle Rad	8.00	14:42	1:50	4	1:10	15	1:10	14.50	39:15	2:42	18	2:42	84	3:45
Rad Ziel	6.00	10:53	1:48	3	0:48	16	0:48	20.50	50:08	2:26	18	3:30	85	4:30
Rad 0	20.00	37:50	1:53	1	27:45	1	27:45	20.50	50:08	2:26	18	3:30	85	4:30
Wechsel R -> L	-	1:08	-	13	0:27	50	0:33	20.50	51:16	2:30	18	3:50	85	4:49
Rad 000	20.00	38:58	1:56	6	3:39	18	3:39	20.50	51:16	2:30	18	3:50	85	4:49
Kontrolle Lauf	2.40	12:43	5:17	3	1:33	28	2:48	22.90	1:03:59	2:47	18	5:23	85	6:42
Lauf Ziel	2.60	12:59	4:59	2	1:32	23	2:24	25.50	1:16:58	3:01	2	6:55	16	8:22
Lauf 000	5.00	25:42	5:08	3	3:05	28	5:00	25.50	1:16:58	3:01	2	6:55	16	8:22