



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Rettig, Elke

000: 1:29:56

00: 258

00: 25.50 km

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

00000/000: 295 (of 353)

00000/0: 64 (of 84)

000000: 1:08:36

0000:

00000: 3(of 5)

Seniorinnen 4 (TW 55)

0000000: 1:25:58

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000	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	12:29	24:57	1	-	57	3:17	0.50	12:29	24:57	1	-	85	3:17
Wechsel S -> R	-	3:17	-	3	0:21	58	1:38	0.50	15:46	31:32	6	0:19	85	4:38
Schwimmen 000	0.50	15:46	31:32	6	0:19	85	4:38	0.50	15:46	31:32	6	0:19	85	4:38
Kontrolle Rad	6.00	13:54	2:19	3	0:57	62	3:05	6.50	29:40	4:33	6	0:42	85	7:43
Kontrolle Rad	8.00	17:06	2:08	4	1:44	64	3:34	14.50	46:46	3:13	6	1:05	84	11:16
Rad Ziel	6.00	12:33	2:05	3	1:14	63	2:28	20.50	59:19	2:53	6	2:03	85	13:41
Rad 0	20.00	43:33	2:10	1	32:14	1	33:28	20.50	59:19	2:53	6	2:03	85	13:41
Wechsel R -> L	-	0:46	-	1	-	8	0:11	20.50	1:00:05	2:55	6	1:34	85	13:38
Rad 000	20.00	44:19	2:12	3	3:26	64	9:00	20.50	1:00:05	2:55	6	1:34	85	13:38
Kontrolle Lauf	2.40	15:05	6:17	4	1:39	69	5:10	22.90	1:15:10	3:16	6	3:13	85	17:53
Lauf Ziel	2.60	14:46	5:40	3	0:45	58	4:11	25.50	1:29:56	3:31	3	3:58	64	21:20
Lauf 000	5.00	29:51	5:58	3	2:24	64	9:09	25.50	1:29:56	3:31	3	3:58	64	21:20