



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Hug, Martina

000: 1:26:41

00: IG Breitensport

00: 292

00: 25.50 km

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

00000/000: 272 (of 353)

00000/0: 51 (of 84)

000000: 1:08:36

0000:

00000: 11(of 20)

Seniorinnen 2 TW 45)

0000000: 1:08:36

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:27	22:53	5	2:08	33	2:15	0.50	11:27	22:53	21	2:08	85	2:15
Wechsel S -> R	-	2:08	-	3	0:19	9	0:29	0.50	13:35	27:10	21	2:27	26	2:27
Schwimmen 000	0.50	13:35	27:10	21	2:27	26	2:27	0.50	13:35	27:10	21	2:27	26	2:27
Kontrolle Rad	6.00	14:08	2:21	14	3:19	68	3:19	6.50	27:43	4:15	21	5:46	85	5:46
Kontrolle Rad	8.00	17:06	2:08	14	3:33	64	3:34	14.50	44:49	3:05	21	9:19	84	9:19
Rad Ziel	6.00	12:43	2:07	14	2:35	68	2:38	20.50	57:32	2:48	21	11:54	85	11:54
Rad 0	20.00	43:57	2:11	1	33:49	1	33:52	20.50	57:32	2:48	21	11:54	85	11:54
Wechsel R -> L	-	1:27	-	16	0:43	75	0:52	20.50	58:59	2:52	21	12:32	85	12:32
Rad 000	20.00	45:24	2:16	14	10:05	68	10:05	20.50	58:59	2:52	21	12:32	85	12:32
Kontrolle Lauf	2.40	13:29	5:37	10	3:34	47	3:34	22.90	1:12:28	3:09	21	15:11	85	15:11
Lauf Ziel	2.60	14:13	5:28	11	3:24	45	3:38	25.50	1:26:41	3:23	11	18:05	51	18:05
Lauf 000	5.00	27:42	5:32	11	6:58	46	7:00	25.50	1:26:41	3:23	11	18:05	51	18:05