



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Ahlheim, Kim

000: 1:27:06

00: 289

00: 25.50 km

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

0000:

weibliche AK 1 (TW 20)

00000/000: 275 (of 353)

00000/0: 53 (of 84)

000000: 1:08:36

00000: 2(of 2)

0000000: 1:13:56

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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	11:28	22:56	2	1:42	35	2:16	0.50	11:28	22:56	3	1:42	85	2:16
Wechsel S -> R	-	2:42	-	2	0:18	33	1:03	0.50	14:10	28:19	3	2:00	85	3:02
Schwimmen 000	0.50	14:10	28:19	3	2:00	85	3:02	0.50	14:10	28:19	3	2:00	85	3:02
Kontrolle Rad	6.00	13:57	2:19	2	2:07	64	3:08	6.50	28:07	4:19	3	4:07	85	6:10
Kontrolle Rad	8.00	17:09	2:08	2	2:29	67	3:37	14.50	45:16	3:07	3	6:36	84	9:46
Rad Ziel	6.00	12:37	2:06	2	1:44	65	2:32	20.50	57:53	2:49	3	8:20	85	12:15
Rad 0	20.00	43:43	2:11	1	32:50	1	33:38	20.50	57:53	2:49	3	8:20	85	12:15
Wechsel R -> L	-	0:35	-	1	-	1	-	20.50	58:28	2:51	3	8:15	85	12:01
Rad 000	20.00	44:18	2:12	2	6:15	63	8:59	20.50	58:28	2:51	3	8:15	85	12:01
Kontrolle Lauf	2.40	14:07	5:52	2	2:32	56	4:12	22.90	1:12:35	3:10	3	10:47	85	15:18
Lauf Ziel	2.60	14:31	5:34	2	2:23	51	3:56	25.50	1:27:06	3:24	2	13:10	53	18:30
Lauf 000	5.00	28:38	5:43	2	4:55	55	7:56	25.50	1:27:06	3:24	2	13:10	53	18:30