



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Denig, Sabine

000: 1:18:07

00: Tri-Treff Storz

00: 375

00: 25.50 km

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

00000/000: 170 (of 353)

00000/0: 23 (of 84)

000000: 1:08:36

00000: 6(of 20)

0000000: 1:08:36

0000:

Seniorinnen 2 TW 45)

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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	9:58	19:56	3	0:39	11	0:46	0.50	9:58	19:56	21	0:39	85	0:46
Wechsel S -> R	-	2:21	-	4	0:32	20	0:42	0.50	12:19	24:37	21	1:11	85	1:11
Schwimmen 000	0.50	12:19	24:37	21	1:11	85	1:11	0.50	12:19	24:37	21	1:11	85	1:11
Kontrolle Rad	6.00	12:13	2:02	5	1:24	22	1:24	6.50	24:32	3:46	21	2:35	85	2:35
Kontrolle Rad	8.00	15:30	1:56	10	1:57	39	1:58	14.50	40:02	2:45	21	4:32	84	4:32
Rad Ziel	6.00	11:22	1:53	8	1:14	36	1:17	20.50	51:24	2:30	21	5:46	85	5:46
Rad 0	20.00	39:05	1:57	1	28:57	1	29:00	20.50	51:24	2:30	21	5:46	85	5:46
Wechsel R -> L	-	1:15	-	11	0:31	60	0:40	20.50	52:39	2:34	21	6:12	85	6:12
Rad 000	20.00	40:20	2:00	7	5:01	31	5:01	20.50	52:39	2:34	21	6:12	85	6:12
Kontrolle Lauf	2.40	12:34	5:14	5	2:39	27	2:39	22.90	1:05:13	2:50	21	7:56	85	7:56
Lauf Ziel	2.60	12:54	4:57	5	2:05	21	2:19	25.50	1:18:07	3:03	6	9:31	23	9:31
Lauf 000	5.00	25:28	5:05	5	4:44	23	4:46	25.50	1:18:07	3:03	6	9:31	23	9:31