



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Wolff, Birgül

000: 1:35:25

00: 368

00: 25.50 km

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

00000/000: 322 (of 353)

00000/0: 72 (of 84)

000000: 1:08:36

0000:

00000: 16(of 20)

Seniorinnen 2 TW 45)

0000000: 1:08:36

0000

0000

000

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	15:23	30:45	17	6:04	80	6:11	0.50	15:23	30:45	21	6:04	85	6:11
Wechsel S -> R	-	3:16	-	12	1:27	57	1:37	0.50	18:39	37:17	21	7:31	85	7:31
Schwimmen 000	0.50	18:39	37:17	21	7:31	85	7:31	0.50	18:39	37:17	21	7:31	85	7:31
Kontrolle Rad	6.00	14:32	2:25	16	3:43	73	3:43	6.50	33:11	5:06	21	11:14	85	11:14
Kontrolle Rad	8.00	17:29	2:11	16	3:56	69	3:57	14.50	50:40	3:29	21	15:10	84	15:10
Rad Ziel	6.00	12:56	2:09	15	2:48	70	2:51	20.50	1:03:36	3:06	21	17:58	85	17:58
Rad 0	20.00	44:57	2:14	1	34:49	1	34:52	20.50	1:03:36	3:06	21	17:58	85	17:58
Wechsel R -> L	-	1:37	-	18	0:53	79	1:02	20.50	1:05:13	3:10	21	18:46	85	18:46
Rad 000	20.00	46:34	2:19	16	11:15	72	11:15	20.50	1:05:13	3:10	21	18:46	85	18:46
Kontrolle Lauf	2.40	14:21	5:58	14	4:26	60	4:26	22.90	1:19:34	3:28	21	22:17	85	22:17
Lauf Ziel	2.60	15:51	6:05	15	5:02	68	5:16	25.50	1:35:25	3:44	16	26:49	72	26:49
Lauf 000	5.00	30:12	6:02	15	9:28	66	9:30	25.50	1:35:25	3:44	16	26:49	72	26:49