



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Wolf, Uta

000: 1:21:58

00: 434

00: 25.50 km

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

0000:

Seniorinnen 3 (TW 50)

00000/000: 228 (of 353)

00000/0: 38 (of 84)

000000: 1:08:36

00000: 9(of 17)

0000000: 1:12:44

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:42	23:23	10	2:30	39	2:30	0.50	11:42	23:23	18	2:30	39	2:30	
Wechsel S -> R	-	2:41	-	6	0:40	31	1:02	0.50	14:23	28:45	18	3:05	85	3:15	
Schwimmen 000	0.50	14:23	28:45	18	3:05	85	3:15	0.50	14:23	28:45	18	3:05	85	3:15	
Kontrolle Rad	6.00	13:38	2:16	15	2:20	59	2:49	6.50	28:01	4:18	18	4:20	85	6:04	
Kontrolle Rad	8.00	17:03	2:07	14	3:11	62	3:31	14.50	45:04	3:06	17	6:59	84	9:34	
Rad Ziel	6.00	12:04	2:00	12	1:47	55	1:59	20.50	57:08	2:47	18	8:43	85	11:30	
Rad 0	20.00	42:45	2:08	1	32:28	1	32:40	20.50	57:08	2:47	18	8:43	85	11:30	
Wechsel R -> L	-	1:11	-	12	0:18	55	0:36	20.50	58:19	2:50	18	8:58	85	11:52	
Rad 000	20.00	43:56	2:11	14	7:30	59	8:37	20.50	58:19	2:50	18	8:58	85	11:52	
Kontrolle Lauf	2.40	11:36	4:49	2	0:57	10	1:41	22.90	1:09:55	3:03	18	8:35	85	12:38	
Lauf Ziel	2.60	12:03	4:38	2	0:39	9	1:28	25.50	1:21:58	3:12	9	9:14	38	13:22	
Lauf 000	5.00	23:39	4:43	2	1:36	9	2:57	25.50	1:21:58	3:12	9	9:14	38	13:22	