



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Schumacher, Helen

000: 1:17:31

00: 97

00: 25.50 km

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

0000:

weibliche AK 3 (TW 30)

00000/000: 160 (of 353)

00000/0: 19 (of 84)

000000: 1:08:36

00000: 3(of 4)

0000000: 1:12:13

0000

0000

000

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	10:54	21:48	3	0:10	24	1:42	0.50	10:54	21:48	5	0:10	24	1:42	
Wechsel S -> R	-	3:24	-	4	1:12	63	1:45	0.50	14:18	28:36	5	1:22	36	3:10	
Schwimmen 000	0.50	14:18	28:36	5	1:22	36	3:10	0.50	14:18	28:36	5	1:22	36	3:10	
Kontrolle Rad	6.00	12:10	2:01	3	1:00	19	1:21	6.50	26:28	4:04	5	2:17	31	4:31	
Kontrolle Rad	8.00	14:54	1:51	3	1:00	21	1:22	14.50	41:22	2:51	5	3:17	26	5:52	
Rad Ziel	6.00	10:57	1:49	3	0:32	21	0:52	20.50	52:19	2:33	5	3:49	24	6:41	
Rad 0	20.00	38:01	1:54	1	27:36	1	27:56	20.50	52:19	2:33	5	3:49	24	6:41	
Wechsel R -> L	-	1:01	-	2	0:12	32	0:26	20.50	53:20	2:36	5	3:46	24	6:53	
Rad 000	20.00	39:02	1:57	3	2:29	19	3:43	20.50	53:20	2:36	5	3:46	24	6:53	
Kontrolle Lauf	2.40	11:45	4:53	3	1:09	15	1:50	22.90	1:05:05	2:50	5	4:09	21	7:48	
Lauf Ziel	2.60	12:26	4:46	3	1:09	15	1:51	25.50	1:17:31	3:02	3	5:18	19	8:55	
Lauf 000	5.00	24:11	4:50	3	2:18	16	3:29	25.50	1:17:31	3:02	3	5:18	19	8:55	