



16. Lorsch Triathlon

Lorsch / 11.08.2019

Wölfe

Wölfe, Heidi

Team: TuS Griesheim

Age: 98

Distance: 25.50 km

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

Category:

Seniorinnen 2 TW 45)

Time: 1:21:12

Rank: 222 (of 353)

Rank: 36 (of 84)

Rank: 1:08:36

Rank: 8 (of 20)

Rank: 1:08:36

Split

Split

Split

Split	km	Time	min/km	-	-	Split	Split	km	Time	min/km	-	-	Split	Split
Schwimmen nett	0.50	12:40	25:19	10	3:21	60	3:28	0.50	12:40	25:19	10	3:21	60	3:28
Wechsel S -> R	-	2:50	-	9	1:01	39	1:11	0.50	15:30	31:00	9	4:22	55	4:22
Schwimmen Split	0.50	15:30	31:00	9	4:22	55	4:22	0.50	15:30	31:00	9	4:22	55	4:22
Kontrolle Rad	6.00	11:58	1:59	3	1:09	14	1:09	6.50	27:28	4:13	7	5:31	39	5:31
Kontrolle Rad	8.00	14:53	1:51	3	1:20	20	1:21	14.50	42:21	2:55	7	6:51	34	6:51
Rad Ziel	6.00	11:04	1:50	5	0:56	24	0:59	20.50	53:25	2:36	7	7:47	35	7:47
Rad Split	20.00	37:55	1:53	1	27:47	1	27:50	20.50	53:25	2:36	7	7:47	35	7:47
Wechsel R -> L	-	1:08	-	8	0:24	50	0:33	20.50	54:33	2:39	7	8:06	35	8:06
Rad Split	20.00	39:03	1:57	3	3:44	20	3:44	20.50	54:33	2:39	7	8:06	35	8:06
Kontrolle Lauf	2.40	12:53	5:22	7	2:58	34	2:58	22.90	1:07:26	2:56	8	10:09	35	10:09
Lauf Ziel	2.60	13:46	5:17	9	2:57	38	3:11	25.50	1:21:12	3:11	8	12:36	36	12:36
Lauf Split	5.00	26:39	5:19	8	5:55	36	5:57	25.50	1:21:12	3:11	8	12:36	36	12:36