



16. Lorsch Triathlon

Lorsch / 11.08.2019

Herbert, Anette

Herbert, Anette

1:22:49

102

25.50 km

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

Seniorinnen 3 (TW 50)

234 (of 353)

39 (of 84)

1:08:36

10(of 17)

1:12:44

Herbert, Anette

Herbert, Anette

Herbert, Anette

	000	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	11:05	22:10	7	1:53	29	1:53	0.50	11:05	22:10	7	1:53	29	1:53
Wechsel S -> R	-	2:26	-	5	0:25	23	0:47	0.50	13:31	27:02	6	2:13	25	2:23
Schwimmen 000	0.50	13:31	27:02	6	2:13	25	2:23	0.50	13:31	27:02	6	2:13	25	2:23
Kontrolle Rad	6.00	12:46	2:07	9	1:28	42	1:57	6.50	26:17	4:02	7	2:36	28	4:20
Kontrolle Rad	8.00	fehlt!	-	-	-	-	-	14.50	-	-	-	-	-	-
Rad Ziel	6.00	27:05	4:30	17	16:48	84	17:00	20.50	53:22	2:36	18	4:57	34	7:44
Rad 0	20.00	39:51	1:59	1	29:34	1	29:46	20.50	53:22	2:36	18	4:57	34	7:44
Wechsel R -> L	-	1:04	-	7	0:11	39	0:29	20.50	54:26	2:39	18	5:05	34	7:59
Rad 000	20.00	40:55	2:02	8	4:29	41	5:36	20.50	54:26	2:39	18	5:05	34	7:59
Kontrolle Lauf	2.40	13:48	5:45	11	3:09	51	3:53	22.90	1:08:14	2:58	9	6:54	39	10:57
Lauf Ziel	2.60	14:35	5:36	10	3:11	53	4:00	25.50	1:22:49	3:14	10	10:05	39	14:13
Lauf 000	5.00	28:23	5:40	10	6:20	52	7:41	25.50	1:22:49	3:14	10	10:05	39	14:13