



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Katzameyer, Bettina

000: 1:24:36

00: 103

00: 25.50 km

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

0000:

weibliche AK 2 (TW 25)

00000/000: 258 (of 353)

00000/0: 44 (of 84)

000000: 1:08:36

00000: 9(of 9)

0000000: 1:09:10

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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	11:55	23:49	9	2:40	52	2:43	0.50	11:55	23:49	9	2:40	52	2:43	
Wechsel S -> R	-	3:27	-	8	1:25	65	1:48	0.50	15:22	30:44	10	3:56	53	4:14	
Schwimmen 000	0.50	15:22	30:44	10	3:56	53	4:14	0.50	15:22	30:44	10	3:56	53	4:14	
Kontrolle Rad	6.00	13:50	2:18	8	2:17	60	3:01	6.50	29:12	4:29	9	6:10	58	7:15	
Kontrolle Rad	8.00	16:47	2:05	8	2:35	57	3:15	14.50	45:59	3:10	8	8:45	60	10:29	
Rad Ziel	6.00	11:58	1:59	8	1:36	51	1:53	20.50	57:57	2:49	8	10:17	63	12:19	
Rad 0	20.00	42:35	2:07	1	32:13	1	32:30	20.50	57:57	2:49	8	10:17	63	12:19	
Wechsel R -> L	-	1:06	-	7	0:27	44	0:31	20.50	59:03	2:52	8	10:35	62	12:36	
Rad 000	20.00	43:41	2:11	8	6:42	57	8:22	20.50	59:03	2:52	8	10:35	62	12:36	
Kontrolle Lauf	2.40	12:30	5:12	5	2:23	24	2:35	22.90	1:11:33	3:07	9	12:58	49	14:16	
Lauf Ziel	2.60	13:03	5:01	6	2:28	26	2:28	25.50	1:24:36	3:19	9	15:26	44	16:00	
Lauf 000	5.00	25:33	5:06	6	4:51	25	4:51	25.50	1:24:36	3:19	9	15:26	44	16:00	