



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Groß, Diana

000: 1:27:37

00: 108

00: 25.50 km

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

00000/000: 280 (of 353)

00000/0: 57 (of 84)

000000: 1:08:36

0000:

00000: 11(of 17)

Seniorinnen 1 (TW 40)

0000000: 1:10:03

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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	14:55	29:49	16	5:17	78	5:43	0.50	14:55	29:49	16	5:17	78	5:43	
Wechsel S -> R	-	2:40	-	6	0:32	30	1:01	0.50	17:35	35:09	14	5:48	73	6:27	
Schwimmen 000	0.50	17:35	35:09	14	5:48	73	6:27	0.50	17:35	35:09	14	5:48	73	6:27	
Kontrolle Rad	6.00	13:00	2:09	8	2:06	49	2:11	6.50	30:35	4:42	14	7:34	69	8:38	
Kontrolle Rad	8.00	15:27	1:55	7	1:55	36	1:55	14.50	46:02	3:10	12	9:29	63	10:32	
Rad Ziel	6.00	11:22	1:53	7	1:17	36	1:17	20.50	57:24	2:47	9	10:46	55	11:46	
Rad 0	20.00	39:49	1:59	1	29:44	1	29:44	20.50	57:24	2:47	9	10:46	55	11:46	
Wechsel R -> L	-	0:51	-	6	0:10	16	0:16	20.50	58:15	2:50	9	10:49	51	11:48	
Rad 000	20.00	40:40	2:01	7	5:21	35	5:21	20.50	58:15	2:50	9	10:49	51	11:48	
Kontrolle Lauf	2.40	14:25	6:00	12	3:15	61	4:30	22.90	1:12:40	3:10	11	14:04	56	15:23	
Lauf Ziel	2.60	14:57	5:44	13	3:30	60	4:22	25.50	1:27:37	3:26	11	17:34	57	19:01	
Lauf 000	5.00	29:22	5:52	12	6:45	59	8:40	25.50	1:27:37	3:26	11	17:34	57	19:01	