



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Ochsenreiter, Miriam

000: 1:28:12

00: 63

00: 25.50 km

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

0000:

Seniorinnen 1 (TW 40)

00000/000: 286 (of 353)

00000/0: 59 (of 84)

000000: 1:08:36

00000: 12(of 17)

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	11:35	23:10	7	1:57	38	2:23	0.50	11:35	23:10	7	1:57	38	2:23	
Wechsel S -> R	-	3:18	-	12	1:10	61	1:39	0.50	14:53	29:45	9	3:06	47	3:45	
Schwimmen 000	0.50	14:53	29:45	9	3:06	47	3:45	0.50	14:53	29:45	9	3:06	47	3:45	
Kontrolle Rad	6.00	14:12	2:22	13	3:18	70	3:23	6.50	29:05	4:28	11	6:04	55	7:08	
Kontrolle Rad	8.00	17:08	2:08	13	3:36	66	3:36	14.50	46:13	3:11	13	9:40	64	10:43	
Rad Ziel	6.00	12:40	2:06	14	2:35	66	2:35	20.50	58:53	2:52	13	12:15	66	13:15	
Rad 0	20.00	44:00	2:12	1	33:55	1	33:55	20.50	58:53	2:52	13	12:15	66	13:15	
Wechsel R -> L	-	0:50	-	4	0:09	14	0:15	20.50	59:43	2:54	13	12:17	66	13:16	
Rad 000	20.00	44:50	2:14	13	9:31	66	9:31	20.50	59:43	2:54	13	12:17	66	13:16	
Kontrolle Lauf	2.40	14:14	5:55	11	3:04	58	4:19	22.90	1:13:57	3:13	12	15:21	63	16:40	
Lauf Ziel	2.60	14:15	5:28	8	2:48	46	3:40	25.50	1:28:12	3:27	12	18:09	59	19:36	
Lauf 000	5.00	28:29	5:41	11	5:52	54	7:47	25.50	1:28:12	3:27	12	18:09	59	19:36	