



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Paz, Christina

000: 1:29:02

00: 76

00: 25.50 km

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

0000:

weibliche AK 4 (TW 35)

00000/000: 290 (of 353)

00000/0: 61 (of 84)

000000: 1:08:36

00000: 5(of 8)

0000000: 1:18:27

0000

0000

000

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	12:13	24:26	7	2:57	55	3:01	0.50	12:13	24:26	7	2:57	55	3:01	
Wechsel S -> R	-	3:00	-	5	1:21	50	1:21	0.50	15:13	30:26	7	2:01	52	4:05	
Schwimmen 000	0.50	15:13	30:26	7	2:01	52	4:05	0.50	15:13	30:26	7	2:01	52	4:05	
Kontrolle Rad	6.00	14:37	2:26	7	2:09	76	3:48	6.50	29:50	4:35	9	4:00	63	7:53	
Kontrolle Rad	8.00	18:13	2:16	7	2:44	74	4:41	14.50	48:03	3:18	9	6:23	69	12:33	
Rad Ziel	6.00	13:48	2:18	7	2:28	78	3:43	20.50	1:01:51	3:01	9	8:51	71	16:13	
Rad 0	20.00	46:38	2:19	1	35:18	1	36:33	20.50	1:01:51	3:01	9	8:51	71	16:13	
Wechsel R -> L	-	0:52	-	2	0:08	19	0:17	20.50	1:02:43	3:03	7	8:43	71	16:16	
Rad 000	20.00	47:30	2:22	7	6:57	76	12:11	20.50	1:02:43	3:03	7	8:43	71	16:16	
Kontrolle Lauf	2.40	12:45	5:18	3	0:49	30	2:50	22.90	1:15:28	3:17	7	9:32	68	18:11	
Lauf Ziel	2.60	13:34	5:13	3	1:03	35	2:59	25.50	1:29:02	3:29	5	10:35	61	20:26	
Lauf 000	5.00	26:19	5:15	3	1:52	34	5:37	25.50	1:29:02	3:29	5	10:35	61	20:26	