



16. Lorsch Triathlon

Lorsch / 11.08.2019

0000

Schäfer, Melanie

000: 1:29:12

00: 106

00: 25.50 km

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

0000:

weibliche AK 4 (TW 35)

00000/000: 291 (of 353)

00000/0: 62 (of 84)

000000: 1:08:36

00000: 6(of 8)

0000000: 1:18:27

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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	11:03	22:06	3	1:47	26	1:51	0.50	11:03	22:06	3	1:47	26	1:51	
Wechsel S -> R	-	2:32	-	3	0:53	25	0:53	0.50	13:35	27:10	4	0:23	26	2:27	
Schwimmen 000	0.50	13:35	27:10	4	0:23	26	2:27	0.50	13:35	27:10	4	0:23	26	2:27	
Kontrolle Rad	6.00	13:53	2:18	5	1:25	61	3:04	6.50	27:28	4:13	9	1:38	39	5:31	
Kontrolle Rad	8.00	16:25	2:03	5	0:56	54	2:53	14.50	43:53	3:01	9	2:13	42	8:23	
Rad Ziel	6.00	12:29	2:04	5	1:09	62	2:24	20.50	56:22	2:44	9	3:22	47	10:44	
Rad 0	20.00	42:47	2:08	1	31:27	1	32:42	20.50	56:22	2:44	9	3:22	47	10:44	
Wechsel R -> L	-	1:12	-	7	0:28	57	0:37	20.50	57:34	2:48	5	3:34	46	11:07	
Rad 000	20.00	43:59	2:11	5	3:26	60	8:40	20.50	57:34	2:48	5	3:34	46	11:07	
Kontrolle Lauf	2.40	15:52	6:36	8	3:56	73	5:57	22.90	1:13:26	3:12	5	7:30	60	16:09	
Lauf Ziel	2.60	15:46	6:03	6	3:15	66	5:11	25.50	1:29:12	3:29	6	10:45	62	20:36	
Lauf 000	5.00	31:38	6:19	7	7:11	71	10:56	25.50	1:29:12	3:29	6	10:45	62	20:36	