



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

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Johanna Bieneck

□□□: 1:15:24

□□: 17

□□: 25.50 km

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

□□□□□/□□□: 82 (of 279)

□□□□□/□: 10 (of 69)

□□□□□□: 1:06:39

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Seniorinnen 1 (TW 40)

□□□□□: 4(of 10)

□□□□□□□: 1:06:39

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 10:21    | 20:41        | 3       | 1:46    | 16      | 2:35    | 0.50  | 10:21     | 20:41     | 11            | 1:46    | 70      | 2:35    |         |
| Wechsel S -> R | -        | 2:32     | -            | 5       | 0:50    | 18      | 0:50    | 0.50  | 12:53     | 25:45     | 11            | 2:36    | 70      | 2:57    |         |
| Schwimmen □□□  | 0.50     | 12:53    | 25:45        | 11      | 2:36    | 70      | 2:57    | 0.50  | 12:53     | 25:45     | 11            | 2:36    | 70      | 2:57    |         |
| Rad netto      | 20.00    | 38:45    | 1:56         | 4       | 3:38    | 15      | 3:38    | 20.50 | 51:38     | 2:31      | 11            | 6:14    | 70      | 6:14    |         |
| Wechsel R -> L | -        | 1:02     | -            | 7       | 0:23    | 30      | 0:24    | 20.50 | 52:40     | 2:34      | 11            | 6:18    | 70      | 6:18    |         |
| Rad □□□        | 20.00    | 39:47    | 1:59         | 4       | 3:42    | 18      | 3:42    | 20.50 | 52:40     | 2:34      | 11            | 6:18    | 70      | 6:18    |         |
| Lauf Ziel      | 5.00     | 22:44    | 4:32         | 3       | 2:27    | 6       | 2:27    | 25.50 | 1:15:24   | 2:57      | 4             | 8:45    | 10      | 8:45    |         |