



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

□□□□

Tina Tepper

□□□: 1:33:04

□□: 161

□□: 25.50 km

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

□□□□□/□□□: 244 (of 279)

□□□□□/□: 55 (of 69)

□□□□□□: 1:06:39

□□□□:

Seniorinnen 1 (TW 40)

□□□□□: 7(of 10)

□□□□□□□: 1:06:39

□□□□

□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 9:24     | 18:48        | 2       | 0:49    | 8       | 1:38    | 0.50  | 9:24      | 18:48         | 11      | 0:49    | 8       | 1:38    |
| Wechsel S -> R | -        | 4:20     | -            | 8       | 2:38    | 62      | 2:38    | 0.50  | 13:44     | 27:27         | 11      | 3:27    | 19      | 3:48    |
| Schwimmen □□□  | 0.50     | 13:44    | 27:27        | 11      | 3:27    | 19      | 3:48    | 0.50  | 13:44     | 27:27         | 11      | 3:27    | 19      | 3:48    |
| Rad netto      | 20.00    | 44:54    | 2:14         | 8       | 9:47    | 55      | 9:47    | 20.50 | 58:38     | 2:51          | 11      | 13:14   | 70      | 13:14   |
| Wechsel R -> L | -        | 0:56     | -            | 5       | 0:17    | 26      | 0:18    | 20.50 | 59:34     | 2:54          | 11      | 13:12   | 70      | 13:12   |
| Rad □□□        | 20.00    | 45:50    | 2:17         | 8       | 9:45    | 55      | 9:45    | 20.50 | 59:34     | 2:54          | 11      | 13:12   | 70      | 13:12   |
| Lauf Ziel      | 5.00     | 33:30    | 6:42         | 9       | 13:13   | 61      | 13:13   | 25.50 | 1:33:04   | 3:38          | 7       | 26:25   | 55      | 26:25   |