



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

□□□□

Daniela Schweppenhaeuser

□□□: 1:23:49

□□: 56

□□: 25.50 km

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

□□□□□/□□□: 177 (of 279)

□□□□□/□: 30 (of 69)

□□□□□□: 1:06:39

□□□□:

Seniorinnen 2 (TW 45)

□□□□□: 4(of 13)

□□□□□□□: 1:22:55

□□□□

□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50     | 11:57    | 23:53        | 3       | 2:12    | 29      | 4:11    | 0.50  | 11:57     | 23:53     | 14            | 2:12    | 70      | 4:11    |         |
| Wechsel S -> R | -        | 2:44     | -            | 4       | 0:15    | 28      | 1:02    | 0.50  | 14:41     | 29:22     | 14            | 2:27    | 70      | 4:45    |         |
| Schwimmen □□□  | 0.50     | 14:41    | 29:22        | 14      | 2:27    | 70      | 4:45    | 0.50  | 14:41     | 29:22     | 14            | 2:27    | 70      | 4:45    |         |
| Rad netto      | 20.00    | 39:11    | 1:57         | 4       | 1:23    | 23      | 4:04    | 20.50 | 53:52     | 2:37      | 14            | 2:05    | 24      | 8:28    |         |
| Wechsel R -> L | -        | 1:52     | -            | 12      | 0:44    | 65      | 1:14    | 20.50 | 55:44     | 2:43      | 14            | 2:49    | 29      | 9:22    |         |
| Rad □□□        | 20.00    | 41:03    | 2:03         | 6       | 1:43    | 32      | 4:58    | 20.50 | 55:44     | 2:43      | 14            | 2:49    | 29      | 9:22    |         |
| Lauf Ziel      | 5.00     | 28:05    | 5:36         | 6       | 6:58    | 41      | 7:48    | 25.50 | 1:23:49   | 3:17      | 4             | 0:54    | 30      | 17:10   |         |